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Your essential daily news | WEDNESDAY, NOVEMBER 23, 2016

High 0°C/Low -4°C A mix of sun and cloud

Taylor Hunter, left, and Danielle Soul read a clue as they begin to decode the escape room in Ottawa Tuesday.
JUSTIN TANG/FOR METRO

PLAN YOUR ESCAPE

Museum of Nature challenging visitors to make a getaway

metroNEWS

Chainsaw cheer axed

OTTAWA REDBLACKS

Algonquin's loggersports team sidelined for Grey Cup

Ryan Tumilty
Metro | Ottawa

Ottawa Redblacks fans won't be hearing the roar of a chainsaw at the Grey Cup this weekend, no matter how many touchdowns the team scores.

Algonquin College's loggersports team — which celebrates Ottawa touchdowns by sawing wooden "cookies" off a log — isn't allowed on the sidelines of Toronto's BMO Field because there isn't enough room.

But at least the playing field is level. Quick Six, the horse that stampedes down the field after each Calgary touchdown, will have to watch the game from his barn.

Algonquin College's community and student affairs manager says it's unfortunate the loggersports team can't take part in the game.

"Obviously we are disappointed that our loggersports team will not be allowed to participate in the Grey Cup this year," Jamie Bramburger said in an email.

"Loggersports is a unique varsity sport that we offer at our Pembroke campus and we're proud of our partnership with the Redblacks."

Team members will still be cheering on the Redblacks, he said, just not in person or with their saws.

> Even though we will remain at home, we wish the Redblacks the very best of luck in Toronto.
> Jamie Bramburger

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metro NEWS
Your essential daily news
Wednesday, November 23, 2016

BLACK FRIDAY
HOW TO USE TECHNOLOGY TO LOWER PRICE TAGS
BUSINESS

The Liberal government's privatization czar, Ed Clark, is recommending an expanded role for eHealth Ontario, the troubled provincial agency that once cost a former cabinet minister his job.
BERNARD WEIL/TORSTAR NEWS SERVICE

Patients will gain access to electronic medical records

HEALTH

Minister pledges to act on recs in new report

Health Minister Eric Hoskins says he'll act on a recommendation to give patients access to their electronic medical records as the province updates the mandate of eHealth Ontario.

The Liberal government's privatization czar, Ed Clark, recommended eHealth's role be refocused more on service delivery, and said patients should be able to interact with their own personal health information.

"We must bring patients into the system and give them access to their own information, and in doing so we must continue to focus on security and privacy of patient health records," he said. "There's no reason why you couldn't build an app to connect into that (eHealth system of electronic medical records)."

The challenge is to digitally link 29,000 doctors, 150,000 nurses, thousands of other health care providers, 156 hospital corporations operating 238 hospitals, 36 public health units, 76 community health centres, more than 4,000 pharmacies, 23 community laboratories and nearly 1,000 independent health clinics.

"All are creating important health information about Ontario's 14 million patients and health care service users, and all need information to provide the best care possible for patients," said Clark.

Hoskins called Clark's recommendations consistent with his focus on a "patients-first" system, and said the valuation of eHealth gives the government "greater clarity how to best leverage and manage" the assets going forward.

Hoskins also insisted there will be no sale of eHealth or any of its assets.

"I want to be clear: there will be no sale of people's personal health information."

THE CANADIAN PRESS

CAP AND TRADE

System will not limit emissions: Watchdog

Ontario's upcoming cap-and-trade program will not limit the province's greenhouse gas emissions through to 2020, the environmental commissioner said Tuesday.

The system comes into effect next year, but will be linked to California and Quebec's market in 2018. When that happens, it could often be cheaper for Ontario polluters to purchase California allowances, Dianne Saxe said in a report.

"Too much reliance on California allowances could slow Ontario's transition to the low-carbon economy that is essential for our future prosperity, and would make it harder for Ontario to meet future greenhouse gas (reduction) targets," she said.

Since Ontario has not proposed any limit on the total number of California and Quebec allowances that can be used here, the province's cap-and-trade program will not limit Ontario's greenhouse gas emissions from 2017 to 2020, Saxe said in her report.

The environmental commissioner's report was largely congratulatory to the government for introducing cap and trade.

"I am proud that Ontario is, at last, joining the worldwide movement to put a price on greenhouse gas emissions," Saxe said.

However, she cautioned the government will not meet its 2020 emission targets, as most of the impacts from its climate change action plan will happen later than that. THE CANADIAN PRESS

Nepean artist Patricia Kenny has been hard at work overseeing the restoration of her family home and documenting the process through paintings. MEGAN DELAIRE/METROLAND MEDIA

Artist documents healing process

EXHIBITION

Series of paintings to be displayed at solo art show

When a fire tore through their Nepean home in April 2016, Patricia Kenny and her husband Stephen Abraham could hardly process what had just happened, let alone try to imagine what their lives would look like seven months later.

In an afternoon, the couple lost their shelter, their two cats Willow and Rhino, and $100,000 worth of personal possessions. Kenny, an artist, also lost her home studio — which was under construction and close to completion — when the electrical fire struck, causing $200,000 in damage to the home.

"There were very few things that survived," Kenny recalled on Nov. 26, days before moving back into the newly restored house. "All of our clothes, all of our belongings are gone."

The past seven months have been a time of transformation for Kenny, Abraham and their home, culminating in the couple moving back into their house — with their new kitten — on Nov. 19 and Kenny preparing to launch a solo art exhibit on Nov. 29.

From Nov. 29 until Jan. 7, Transformed by Fire — a collection of mixed media abstract works painted by Kenny since the fire — will be on display at the Great Canadian Theatre Company's Fritzi Gallery on Wellington Street West.

Despite having been displaced by the fire, Kenny began painting the pieces in the days following the destruction. Coloured by the couple's initially dark and eventually hopeful experience, the narrative series embodies the process of restoring their home and their lives.

"The first paintings were sort of apocalyptic," Kenny said. "But as time has gone on and we've been able to work through the insurance things and the rebuild, there was this whole restoration that happens not only for the physical building, but also in yourself."

While their house on Ashgrove Crescent, near Craig Henry Park, was being rebuilt, the family's insurance provider arranged for them to live in a Centretown apartment, coincidentally, across the street from the gallery where Kenny was hanging paintings at the time she learned about the fire.

Kenny and Abraham's stepchildren continued to visit them on weekends.

> "The paintings are reflecting that rebirth and reflecting the restoration and the rebuild."
> Patricia Kenny

Patricia Kenny and Stephen Abraham returned to their Ashgrove Court home on Nov. 19. Their home was gutted in a fire on April 20. MEGAN DELAIRE/METROLAND MEDIA

During their time there, the couple healed and oversaw the design elements of their home's restoration, and Kenny documented the process on canvas, encouraged by friends and peers to keep painting. As their outlook brightened, so did the art.

"Now I'm at a point where the paintings are reflecting that rebirth and reflecting the restoration and the rebuild," Kenny said. "I think the hope is palpable in it. That's my view. I guess it's up to the viewer to decide if that's the case, but definitely there is a progression there that you can see."

But recovery for the couple hasn't been as straightforward as claiming their losses and rebuilding. While insurance covered the monetary loss of the family's belongings, nothing will bring back the mementos and sentimental possessions the fire destroyed.

"I think the biggest thing, the hardest thing, was the things that helped to trigger memories are gone," Kenny said. "But what I think we've realized is that even when you don't have those things you actually still do have the memories."

Another thing Kenny has realized, she said, is the extent to which the family's support network was willing to help them.

From the first day, Kenny said friends and relatives offered their homes and studios to Kenny and Abraham. While the support they received held practical value, Kenny said it was also instrumental in helping the couple recover emotionally.

For more information about Transformed by Fire, visit artottawa.ca/event/patricia-kenny-transformed-by-fire-at-the-gctc.

MEGAN DELAIRE/METROLAND MEDIA

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Helping hand for Haiti: Canada

The poorest country in the Western Hemisphere again fell victim to Mother Nature when Hurricane Matthew hit in September. But a newly linked Canadian coalition is delivering aid to those in need.

Erin McCracken
Metroland Media

A convoy of vehicles zips along the streets of Port-au-Prince, Haiti, teeming with afternoon traffic.

A truck packed with police SWAT officers, who grip automatic guns and hide their identities behind black balaclavas, races ahead, closing off roads to ensure a safe and unobstructed escort.

In Haiti's crowded capital city people struggle through their day. The realities of extreme poverty are everywhere in this nation, considered the poorest in the Western Hemisphere.

As the convoy heads deeper into the city, people sell their wares along side streets — shoes and other goods are laid out for sale on the hard-packed dirt.

Tires are propped against a tree waiting for an interested buyer. A man is seated within a tarped enclosure on the sidewalk getting a haircut. Piles of garbage dot city corners, festering in the 30-degree heat.

Food is scarce. Most is imported, forcing up food prices. The water is undrinkable in this country of about 11 million people. Of those, 10 million require daily food assistance. The average daily income is $1 to $2.

The vehicles slow as they enter a guarded compound, home to Food for the Poor Haiti, one of the largest non-governmental organizations in this Caribbean nation. Several Haitian and Canadian dignitaries are welcomed into the HQ, arriving ahead of a large shipment of much-needed emergency supplies they accompanied from Montreal on Nov. 15.

Today's humanitarian aid mission is a signal of progress, the cornerstone of which is Canadian assistance.

"It's a real show of solidarity with the people of Haiti," said Elmvale Acres resident Robert Ready, who joined the mission in his role as vice-chair of Food for the Poor Canada.

For the first time, Food for the Poor Canada, Air Transat and Health Partners International of Canada partnered to ship 16 skids of medical supplies, such as cholera medicine and antibiotics, and 2.8 million water purification tablets to alleviate some of the enormous suffering Haitians are facing in the aftermath of Hurricane Matthew, which hit in late September.

"It's also, I think, a recognition of the strengths on the ground for Food for the Poor Haiti and the ongoing partnership that we're going to have from Canada through ourselves, through Health Partners and hopefully other NGOs and donors to keep up the good work there," said Ready, who first became aware of Food for the Poor when he served in Jamaica as Canada's ambassador to that nation.

"It identifies relationships that exist here. It's something that's going to continue as we grow Food for the Poor in Canada."

Food for the Poor Haiti's 3,700-square-metre warehouse, which receives an average of 100 cargo containers worth of food a month, will temporarily house the load of $1.3 million in surplus medical supplies before they are distributed to help 50,000 Haitians. The goods were acquired by Health Partners from 19 Canadian pharmaceutical and health-care companies.

The purification tablets, which will produce 12.5 million litres of fresh water, were purchased by Food for the Poor Canada and were "really hard-earned for me because we don't receive a lot of cash donations from the Canadian public," said Samantha Mahfood, the Toronto-based executive director of Food for the Poor Canada, which has been in operation for just eight years. The NGO has been at work in Jamaica and the United States for more than three decades.

But she's hoping to make a bigger stamp by establishing high-profile partnerships and boosting the name among Canadians, Canadian corporations and the Canadian government.

"My goal is to raise awareness in Canada about the fact that we have one of the best Haitian organizations on the ground," Mahfood said, referring to Food for the Poor Haiti's 300 employees, a trucking fleet, six distribution centres around the country, and the warehouse that officials and journalists toured together.

"I want Canadians to know about it so that they don't doubt their money is being used well," she said.

It's that direct line of access that drew the Montreal-based Health Partners, which has its warehouse in Oakville, Ont., to the partnership. The organization only works with trusted partners on the ground to distribute medicine to clinics and hospitals, said president Denis St-Amour.

"Being assured the product gets to where it's intended to go is also very important," he said.

"When you're dealing with extreme poverty, when there's been an infrastructure breakdown there's also the chance for corruption, for product going where it shouldn't be going."

Last year, the 26-year-old Canadian organization delivered medical treatments to one million people in 52 countries thanks to its network of industry partners.

"In the developing world, things that (in Canada) we could so easily handle, become major challenges for countries like Haiti that don't have a good infrastructure, they don't have a good transportation system," he said. "So even getting help to them is never an easy task."

Franz Liautard, Haiti's Ottawa-based ambassador to Canada, said he has known for some time about the work being done by Food for the Poor.

"They get, at a minimum cost, directly to the people who need it," said Liautard, who attended the aid mission's send-off in Montreal. "To me that's a benchmark."

Paula Caldwell, Canada's ambassador to Haiti, was among those dignitaries who welcomed the shipment and its escort in Port-au-Prince.

The arrival was only made possible "because of the generosity of Canadians" and "a good, a strong and solid partnership," she said. "This is all about Canada and Canadians getting together and helping Haiti and that's what we've done for many, many years."

SNAPSHOTS FROM A MISSION TO HELP HAITI
Signs of **extreme poverty** are everywhere in Port-au-Prince (main); a man **pushes a wheelbarrow** of goods (above) while a **mother and daughter** wait for a convoy to pass by (below right). However, help is at hand (other page, left to right): Elmvale Acres resident **Robert Ready** unloads bags ahead of an aid mission; **workers wait** at the Food for the Poor Haiti central warehouse as **donated goods are unloaded** from an Air Transat plane. ALL PHOTOS ERIN MCCRACKEN/METROLAND MEDIA

> **This is a real show of solidarity with the people of Haiti.**
> Robert Ready,
> Food for the Poor Canada

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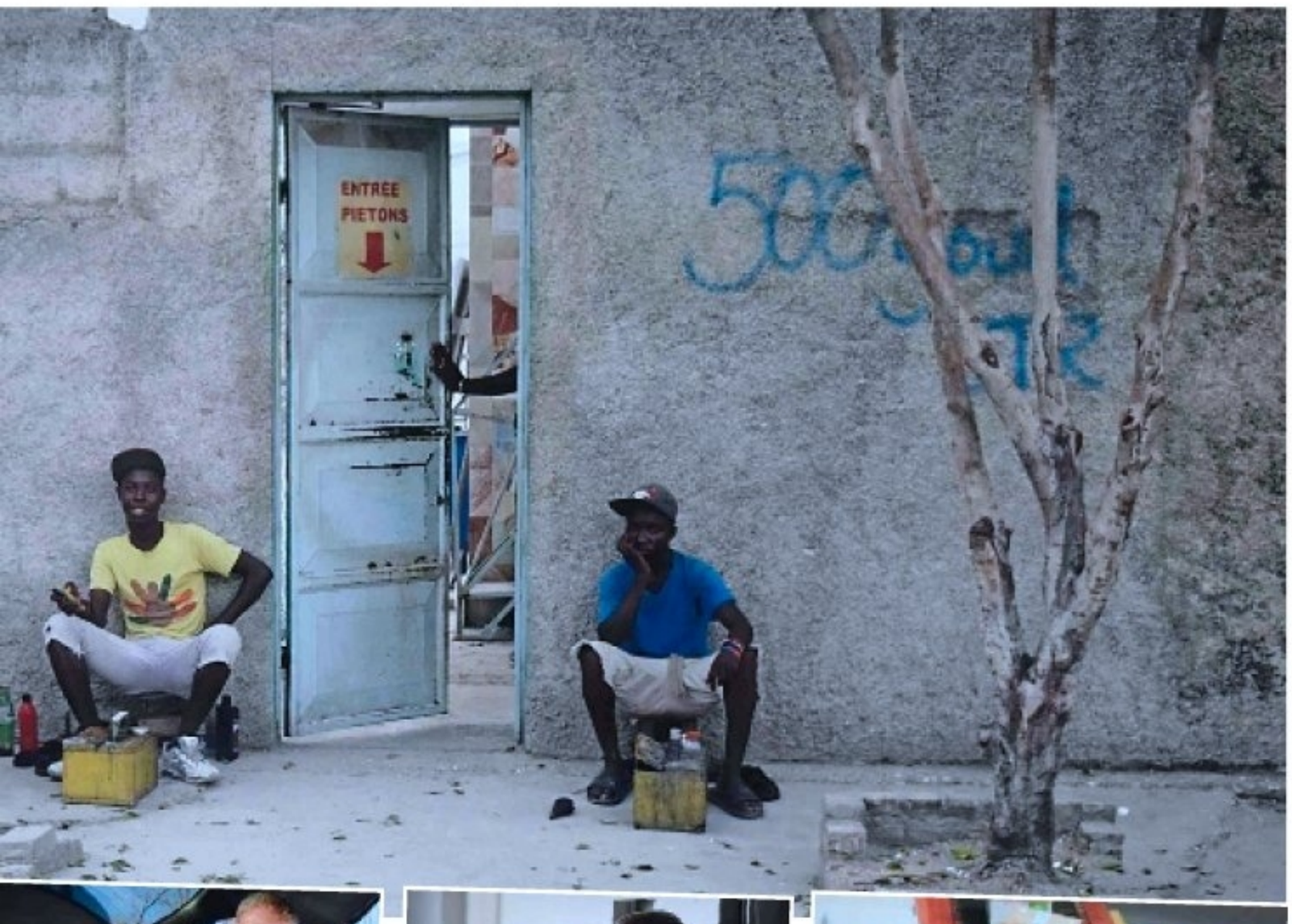

Following a tour of the Food for the Poor Haiti's warehouse, where everything from bags of rice and bottled water to finishing nails and folding tables will soon be shipped out to impoverished villages, the convoy returns to even busier city streets.

Men and women stand at paltry stalls made of tarps. One man pushes a wheelbarrow laden with a menagerie of goods to be sold, while another sells sliced fruit laid out in the hot sun.

The sights are sad here, agreed Haitian-born and Montreal-based Air Transat pilot Hans Obas during the drive back to the airport. But there are also signs of hope.

"At least they stopped the fighting," he said. "People are working together to bring this city in the right direction."

Even with the severe poverty, Haitian pride and feelings of unity have returned.

"With these two things we can't do a miracle, but at least we can start doing the real work," said Obas. Though the aid mission was a success and the trio of new partnerships is a signal that efforts by Food for the Poor Canada are gaining momentum, Mahfood doesn't yet consider it mission accomplished.

On the return flight to Montreal, she was asked how Canadians can help Food for the Poor Canada.

"Talk about your experience today," she replied. "Talk about Food for the Poor. Ask people to donate to Food for the Poor Canada so we can do more."

Given the high profile of the unique mission, Ready considers it a success. He also added

> **People are working together to bring this city in the right direction.**
> Hans Obas, Air Transat

80 pounds of stuffed toys to the emergency relief supplies that had been donated by his family.

"This was a new experience for me to actually go down with a shipment of supplies that's going to have that kind of impact," he said after arriving back in Montreal. "It gives you a warm feeling just to be part of it."

Daniel Rouzier, president of Food for the Poor Haiti, said in the aftermath of Hurricane Matthew, the relief and development organization has extended its network even further into Haiti given the urgent need for help.

The not-for-profit is helping with rebuilding efforts. About 20 coastal fishing villages require repairs, while another 13 need replacing.

"The water went up by six or seven feet and on top of that we had 15-foot waves," Rouzier said. "The homes that were there were just levelled."

In addition to providing food and mentoring in farming and animal husbandry, the organization will also supply seeds to try to jumpstart food production.

"Basically everything we had harvested for the summer was put in silos or warehouses that were destroyed," Rouzier said, adding that crops that were to be harvested in October were also lost.

"Essentially what we have is a three-month shortage of food that needs to be addressed quickly," he said. "Until these (seeds) can be harvested, the people need to be fed."

For Rouzier, the shipment signals Canadian generosity.

"It means there is still a good deal of love in this world," said the entrepreneur and philanthropist. "It means that even though Canada is far away, we're physically still close to the Canadians."

A vibrant Haitian diaspora in Canada is helping.

"I think we've seen a tremendous show of love and solidarity," Rouzier said, adding it demonstrates what can be accomplished "and really give a hand up and not just a hand out."

To read more of Metroland Media's series and to view a photo gallery and video of reporter Erin McCracken's trip to Haiti, visit http://www.ottawacommunitynews.com.

HAITI — BY THE NUMBERS

Estimated population of Haiti

11M

Haitians in need of daily food provisions

10M

300

Food for the Poor Haiti employees

30

Length of time Food for the Poor has been operating in Haiti

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COMMERCE

Kanata Central firms keen to form BIA

Kanata North councillor Marianne Wilkinson held a meeting with businesses in the area this week to receive feedback and update owners on the progress in having a business improvement area established.

"Everybody was very positive," Wilkinson says. "Things look like they're going to go ahead."

The proposed area, from Canadian Shield Avenue and Campeau Drive to the Carp River and Highway 417, contains approximately 130 businesses. Businesses in the area range from a Canadian Tire and auto dealerships to offices and hotels.

Covering an area dominated by office parks and tech firms, the Kanata North BIA has held job fairs for its members and organized tours for members of Ottawa's diplomatic community.

A report will go to the city's finance and economic development committee on Dec. 6 recommending local businesses vote on creating a BIA. Voting is based on property value: If businesses representing 30 per cent of property value in the proposed area vote no, the BIA cannot go ahead. Wilkinson says she would be very surprised if the vote did not pass.

$330M

The proposed BIA — with its 130 businesses — has a current assessed value of some $330 million, a number that's still being calculated.

Businesses in the area approached Wilkinson in May about creating a BIA, primarily to give input on development areas in the business district. Wilkinson also used Monday morning's meeting to consult with businesses on a proposed development in the ward — something that's easier to do with an official organization representing the area's business community.

CRAIG LORD/OTTAWA BUSINESS JOURNAL

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A pedestrian crosses the Bank Street Bridge during the first winter storm of last year in Ottawa. Long-term forecasters predict a worse winter this year. THE CANADIAN PRESS/JUSTIN TANG

Batten down the hatches

WEATHER

Brace yourself: forecasts show a colder, harsh winter in store

Ryan Tumilty
Metro | Ottawa

You may want to book your tropical vacation now, because the forecast is calling for a snowier- and colder-than-usual winter.

The Weather Network released its long-term forecast Tuesday, which suggests a La Nina effect will drive an extra miserable winter for Ottawa residents.

"We are expecting a colder than normal winter for the Ottawa region, and if we look at precipitation we are looking for a wetter than normal winter," said meteorologist Dayna Vettese.

She said the area, along with a region stretching across Southern Ontario and into Manitoba, will see the reverse of the El Nino effect that kept temperatures higher last year.

"When the waters off the Pacific coast of South America are colder than normal it is what's known as a La Nina, and when it's warmer it is El Nino," she said.

"This drives our jet stream, which dictates weather patterns across North America."

She said the long-term forecast doesn't mean there won't be some sun, but they believe it to be a relatively accurate picture of what to expect.

"It doesn't mean every day is going to be cold and snowy, but on average we will have more cold days than warmer days and we will likely see more snowfall," she said.

She said at this point it also looks the winter could take some time to end.

"There is a lot of time between then and now and things could change, but right now there are indications it will last longer into the spring."

IN BRIEF

Salvation Army put their Christmas kettle on

The Salvation Army kicks off its annual Christmas kettle campaign this Thursday. The launch is being held at 3 p.m. in the St. Laurent Shopping Centre.

You'll be able to find the kettles at 38 locations in shopping centres and stores around the city.

The kettles will be out until Dec. 24. The Salvation Army has also launched a social media campaign asking people to tell others why they donated by using the hashtag #ifilledthekettle.

Money raised helps pay for meals, emergency food and clothing and household items for families and individuals. METRO

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A map of the exhibit and magnifying glasses were among the intriguing items as Escape Manor staff set up escape rooms in the Museum of Nature on Tuesday. JUSTIN TANG/FOR METRO

Your chance to plan a gem heist

RECREATION

Escape rooms at the Canadian Museum of Nature

Ryan Tumilty
Metro | Ottawa

You will now be able to live out your fantasy of executing a heist from the Canadian Museum of Nature, but the gems are fake and you'll have to pay for the privilege of trying.

The museum is partnering with local firm Escape Manor to offer two escape rooms in the evenings after other visitors have gone home.

The first one allows users to pretend they are cat burglars breaking into the facility after dark in the museum's Earth exhibit. Their entry trips silent alarms, however, and they have only 60 minutes to get out with "space gems" before the RCMP and security teams sweep in and arrest them.

The other scenario in the museum's mammal exhibit imagines you are a museum guard who finds out you are about to be framed for a theft, with only an hour for you to identify the real culprit and prove your innocence.

So far both escape rooms have a roughly 30 per cent success rate, which is about standard for the company's rooms.

Steve Wilson, co-founder of Escape Manor, said the idea came about after they designed an escape from the Diefenbunker last year, and when the nature museum gave them the opportunity they jumped at the chance.

Wilson said museum staff worked with them to make the transition from active museum to escape room pretty seamlessly and in their first weeks of operation it has been going well.

"The museum clears out the galleries at around 5 p.m. and our team rolls in and takes out all of our equipment," he said.

John Swettenham, the museum's director of marketing, said the idea seemed like a natural fit. He said the museum is primarily a location for families and children, but they want to expand.

Swettenham said working with Escape Manor gave them a chance to build something collaborative that would showcase the museum to people who may have not have been in years.

He said they are happy with the first week of booking and there may be more opportunities with the museum in the future.

"We will see how it goes, the early signs are very good."

LAWSUIT

Hospital mum on investigation

Steve Rennie
Metro | Ottawa

The Ottawa Hospital does not have to release any information about its investigation into an alleged "kickback" scheme involving two of its former employees and several private contractors, the province's information and privacy commissioner has ruled.

Back in October 2015 — before any of the allegations contained in a civil lawsuit the hospital filed this past January were made public — Metro filed two freedom-of-information requests for documents related to the investigation.

One of the requests was for any information about its investigation into financial irregularities in its facilities and planning department. The other was for anything related to a leave of absence taken by Frank Medwenitsch, one of the ex-employees named in the hospital's lawsuit.

But the hospital wouldn't turn over anything, so in October 2015 Metro filed two appeals to Ontario's Information and Privacy Commissioner.

The commissioner's office agreed with the Ottawa Hospital's decision to not release any documents about Medwenitsch's leave of absence, but decided to look into the other request for any record of the hospital's investigation of its facilities and planning department.

That probe uncovered "grounds for concern," according to a statement published on the hospital's website in January.

In her Nov. 2 ruling, adjudicator Cathy Hamilton found all the records are exempt from disclosure under a section of the Freedom of Information and Protection of Privacy Act that covers solicitor-client privilege.

"I think it's appropriate that we show respect for our veterans and I think we could show more – that's what we're trying to do here," says MPP Jack MacLaren.

ROB FERGUSON/ TORSTAR NEWS SERVICE

PRIVATE MEMBER'S BILL

MPP seeks veteran status on IDs

Conservative Carleton-Mississippi Mills MPP Jack MacLaren announced recently he has plans to introduce a private member's bill to add identification of veterans to provincial ID cards.

The proposal calls for a small yellow bar with the word "veteran" to be located below the photograph on driver's licences and Ontario identification cards to indicate the bearer is a veteran, said MacLaren.

"I think it's appropriate that we show respect for our veterans and I think we could show more — that's what we're trying to do here," he said.

If passed, the provincial identification would be optional for veterans.

That includes all former members of the Canadian Forces who have been honourably released, as well as those who served in the reserve force, as well as special and domestic duties.

The bill will be presented on March 17.

"We thought it would be appropriate to speak about it now since we just had the Remembrance Day services," said MacLaren.

MacLaren said he expects the Liberals and NDP will back the bill.

"We're all Canadians and we all enjoy freedoms," he said. "And it's the veterans who fought for and obtained those freedoms."

JESSICA CUNHA/METROLAND MEDIA

A new plan for housing

SHELTER

Minister tables $2.5B national strategy for affordability

Ryan Tumilty
Metro | Ottawa

Canadians want a national housing strategy that eliminates homelessness, helps those in greatest need, helps indigenous communities and makes housing more affordable for everyone, according to a new report released Tuesday.

Jean-Yves Duclos, minister of families, children and social development, said the new report will help guide the housing strategy he plans to deliver at the same time as next year's federal budget.

Duclos said he also hopes to announce some new programs to incentivize rental housing construction in the weeks ahead after the government put out a call for proposals earlier this year.

"That program is going to provide significant lending resources to communities," he said.

The $2.5-billion project, spread over four years, is meant to make sure more affordable rental housing is built in Canada more immediately as the government works on a longer-term strategy.

He said they will be looking for innovative ideas on how to build more rental housing.

"It's a broad spectrum of partners municipalities will be able to be there, private and social sectors as well," he said.

The consultation report Duclos released Tuesday involved interviews with more than 7,000 people — including landlords, tenants and social agencies. It identified helping the most vulnerable, ending homelessness and helping Indigenous communities as top priorities.

Duclos said they also know there is a greater challenge in overheated housing markets like Vancouver and Toronto, but Ottawa must also make sure the investment people have made in homes is stable.

Jean Yves Duclos and CMHC head Evan Siddal host a Facebook Live event about housing. RYAN TUMILTY/METRO

IN BRIEF

Hog's Back bridge closes

If your commute takes you across the Hog's Back swing bridge, you're going to need to find another route on Wednesday.

The City of Ottawa says the swing bridge will be closed from 9 a.m. to 5 p.m. for preventative maintenance.

Traffic will be detoured to Heron Road or Hunt Club Road, and people who normally take Colonel By are encouraged to exit well before they reach Hog's Back. The bridge is closed to everyone — vehicles, pedestrians and cyclists.

The city is also updating traffic and construction information around Ottawa on its website. METRO

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Plot 'directed at the normal'

CRIME

Man behind plan to blow up Halifax mall sentenced

Adina Bresge
For Metro | Halifax

Randall Steven Shepherd appears at Halifax Provincial Court in 2015. Shepherd was sentenced to 10 years behind bars on Tuesday after pleading guilty. METRO FILE

Two days before Randall Shepherd was arrested for his involvement in an alleged plot to kill shoppers at a Halifax mall with rifles and firebombs, he recorded a "goodbye" video reflecting on his decision not to participate in the planned massacre.

"My last f— you to the world is not stopping it," Shepherd said in the recording, according to an agreed statement of facts. "Standing back and let someone else put Halifax on the map, someone else like, be somebody."

Shepherd, 22, was sentenced to 10 years behind bars in Nova Scotia Supreme Court on Tuesday after pleading guilty to conspiracy to commit murder.

Slumped over a desk in a leather jacket, Shepherd buried his head in his arms as the Crown portrayed him a disaffected loner, who resisted acts of violence, but nonetheless acted as a "cheerleader" in the mass-murder plot.

The Crown alleges that Shepherd conspired to help James Gamble and Lindsay Kantha Souvannarath carry out a detailed plan to shoot unsuspecting mall goers in the food court of the Halifax Shopping Centre on Valentine's Day in 2015.

Police foiled the plot thanks to a Crimestoppers tip, and the day before the attack was supposed to occur, arrested Shepherd while he was waiting for Souvannarath to arrive at Stanfield Airport. Gamble, 19, fatally shot himself in his Timberlea home.

Souvannarath is in jail awaiting trial.

> **This plan would have changed the face of Halifax forever.**
> Shauna MacDonald

Crown lawyer Shauna MacDonald told the court that in some ways, the harrowing plan to "put Halifax on the map," achieved its goal by stirring up unease in the community that one of their own could have such violent motives.

"This plan would have changed the face of Halifax forever," MacDonald said. "It was meant to be individuals engaging in their everyday lives — running errands, shopping, grabbing a bite to eat … The attack was directed at the normal."

MacDonald cited terrorism cases as precedent for a joint recommendation between the Crown and the defence that Shepherd receive a 10-year sentence with credit for time served.

Defence lawyer Roger Burrill characterized Shepherd's plight as "a story of extreme youth disaffection," a homeschooled, social outcast drawn into a destructive spiral by Gamble, who was repeatedly described as his only friend.

Burrill said Shepherd played a lesser role in the conspiracy and was not fully aware of the plan's "psychotic dimensions."

He compared Shepherd's role in the conspiracy as that of an "outer planet" in a solar system that orbited around Gamble's obsession with mass killings.

Shepherd's involvement in the plot "may have saved his life," said Burrill, as his client was suicidal at the time of the arrest.

Before making a statement to the court, Shepherd turned his head to look at members of the gallery who were stifling back tears.

"I have no right to ask for anyone's forgiveness," Shepherd said. "I was a different person then."

As Justice Patrick Duncan handed down his sentence, he said there is some hope for Shepherd's future, but reserved predictions — for now.

DRUGS

Carfentanil seizure prompts warnings

Vancouver police are warning drug users to be cautious following the seizure of an opioid that is used to tranquilize elephants and believed to be 100 times more powerful than fentanyl.

Police said two samples of a drug seized in September have been confirmed by Health Canada to contain trace amounts of carfentanil.

The drug was believed to be heroin when it was confiscated from a man reported to be carrying a firearm in the city's Downtown Eastside, police said.

"It's the first time we've seen it in Vancouver in any of the seizures we've done," Sgt. Brian Montague said Tuesday.

The drug has been seen elsewhere in Canada, including Alberta, Manitoba and Ontario.

Vancouver police don't know where the carfentanil came from, though fentanyl is believed to be exported from China, Montague said.

He said the existence of carfentanil is concerning because the coroner's service has already reported 622 illicit-drug deaths in British Columbia between January and October, with fentanyl involved in 60 per cent of them.

THE CANADIAN PRESS

FUNDING

Small municipalities won't benefit from infrastructure bank: Morneau

Finance Minister Bill Morneau is suggesting that small municipalities won't see much — if any — benefit from the federal government's proposed new infrastructure bank.

The bank, to be launched next year, is intended to attract billions in private investment for public infrastructure projects.

But Morneau told the Federation of Canadian Municipalities on Tuesday that global institutional investors will be looking to invest only in "large transformational projects" that produce a revenue stream, from which they can earn a high rate of return on their investment.

He says it's unlikely they'll want to sink money into roads and bridges in small communities.

In a question-and-answer session hosted by the federation, Morneau made no mention of the notion that a number of small communities with similar projects could bundle them together in order to make them more appealing for international investors.

But FCM president Clark Somerville said the federation wants to ensure that all municipalities, big or small, are able to take advantage of the bank; he says rural Liberal MPs have assured him they'll be pushing hard for the bundling concept.

"One thing that they talked about that they were really hoping to push for was exactly the bundling and was having it for the smaller communities," said Somerville, who met earlier Tuesday with members of the Liberals' rural caucus.

While Morneau didn't mention bundling during his meeting with the FCM members, Somerville said he's encouraged by the fact that the minister has promised to consult closely with municipal leaders as the government hammers out the details of the infrastructure bank, which is to be formally created in the 2017 budget in a few months.

THE CANADIAN PRESS

Finance Minister Bill Morneau. THE CANADIAN PRESS

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MARKETING

MILITARY

Fighter jets come with unknown price tag

The federal government unveiled its interim steps Tuesday in the long-fraught effort to replace Canada's aging fleet of fighter jets, but key questions — how much it would cost taxpayers and the impact on the military — remained up in the air.

Following a closed-door cabinet meeting on Parliament Hill, three Liberal cabinet ministers held a news conference to announce plans to enter into discussions with U.S. aerospace giant Boeing to purchase 18 Super Hornet jets.

At the same time, however, the government intends to launch an open competition starting next year to replace all 77 of the air force's CF-18s — a process that's expected to last up to five years.

"We need additional planes as soon as possible for an interim period," said Defence Minister Harjit Sajjan.

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+ $338 txs/fees

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Trump backtracks on promises

GOVERNMENT

President-elect also took stand against 'alt-right' movement

Two weeks after his election victory, President-elect Donald Trump began backing off campaign promises Tuesday, including his hard line on climate change and his vow to jail "Crooked Hillary" Clinton that had brought thunderous "Lock her up" chants at his rallies.

A top adviser said Trump is now focused on matters that are essential in setting up his administration, not on comments he made during the heat of the campaign.

After a year blasting The New York Times, Trump submitted to an interview with reporters and editors at the Times office. Among the topics covered, he:

- **Pushed back against questions about conflicts** that could arise due to a lack of separation between his government post and his many businesses, declaring that "the law's totally on my side, the president can't have a conflict of interest."
- **Took his strongest stance yet against the "alt-right,"** a term often used as code for the white supremacist movement. Though members are celebrating his victory, he said, "It's not a group I want to energize. And if they are energized, I want to look into it and find out why."
- **Spoke positively** not only of fellow Republicans in Congress — "Right now they are in love with me" — but also of President Barack Obama, who he said is "looking to do absolutely the right thing for the country in terms of transition."

Trump, who left late Tuesday to spend Thanksgiving at his estate in Florida, also continued to work to populate his incoming administration, officially asking GOP presidential rival Ben Carson to head the Department of Housing and Urban Development, according to a person familiar with the offer. Carson is expected to respond after the holiday.

Adviser Kellyanne Conway said earlier on MSNBC's "Morning Joe" that Trump is "thinking of many different things as he prepares to become the president of the United States, and things that sound like the campaign aren't among them."

His interview comments on a possible prosecution of his former foe Clinton stood in stark contrast to his incendiary rhetoric throughout the campaign, during which he accused her breaking laws with her email practices and angrily barked at her that "you'd be in jail" if he were president.

"I don't want to hurt the Clintons, I really don't," Trump said in the interview. Sympathetically, he said, "She went through a lot and suffered greatly in many different ways."

Though he declined to definitively rule out a prosecution, he said, "It's just not something that I feel very strongly about."

But some of his conservative supporters strongly disagreed.

Breitbart, the conservative news site whose former head, Stephen Bannon, is now a senior counsellor to Trump, headlined its story about the switch with "Broken Promise."

THE ASSOCIATED PRESS

THANKSGIVING IN SPACE

In this image taken from NASA video, astronaut Shane Kimbrough shows a pouch of turkey he will be preparing for his crew in celebration of the Thanksgiving holiday, aboard the International Space Station. NASA VIA AP

NASA astronauts Michael Hopkins and Rick Mastracchio enjoy a Thanksgiving meal on Nov. 28, 2013. FLICKER/NASA

Getting all ten members of the Endeavor and Expedition 18 missions wasn't easy as the two crews shared a Thanksgiving meal on Nov. 27, 2008. FLICKER/NASA

Astronauts cook up Thanksgiving meal

Turkey and football will be the main Thanksgiving headliners up on the International Space Station.

NASA astronaut Shane Kimbrough, the station's commander, is serving as Thanksgiving chef for the six-person crew. He showed off the specialties he'll be preparing in a video this week.

"It's going to be a little bit different for us up here in space," he said, "but I'm going to try to make it as much like home as we can."

On Thursday — a regular workday for the crew — Kimbrough will warm up pouches of sliced turkey, candied yams, and cherry and blueberry cobbler. He'll also add water to the bags of dehydrated cornbread dressing, green beans and mushrooms and mashed potatoes.

"You can't have a Thanksgiving meal without green beans," he noted.

Mission Control promises to beam up some live football games — "to complete the experience," Kimbrough said.

> **"I'm going to try to make it as much like home as we can."**
> Shane Kimbrough

It will be the second Thanksgiving in space for Kimbrough, who's one month into a four-month mission, and the third for American Peggy Whitson, who arrived at the orbiting lab Saturday for a six-month stay. One Frenchman and three Russians round off the crew.

Kimbrough said he and the others will share what they're thankful for this Thanksgiving. No 1 on the list, he said, is being safe in space.

NASA, meanwhile, is sharing its recipe for "out of this world" cornbread dressing. It's straight from Johnson Space Center's food lab, "no freeze drying required."

THE ASSOCIATED PRESS

NORTH DAKOTA

Pipeline protester may lose arm after injury

A New York woman seriously injured protesting the Dakota Access oil pipeline faces multiple surgeries and could lose an arm, her father said Tuesday, and protesters and law enforcement gave conflicting accounts about what might have caused the explosion that injured her.

Sophia Wilansky, 21, was listed in serious condition and was undergoing surgery at a Minneapolis hospital.

Wilansky's father, Wayne Wilansky, said his daughter was hurt when law enforcement threw a grenade. The Morton County Sheriff's Office maintains authorities did not use concussion grenades or any devices that produce a flash or bang during a clash late Sunday near the camp along the pipeline route in southern North Dakota.

The sheriff's office suggested in a statement Monday that an explosion heard during the skirmish might have been caused by small propane tanks that authorities said protesters had rigged to explode.

THE ASSOCIATED PRESS

IN BRIEF

Tensions rise in Haiti

For a second straight day, partisans of a Haitian political faction threw rocks at police and burned tires Tuesday to demand "fair" election results, which they insisted would put their candidate in the presidency. Police in riot gear dispersed the demonstrators from the Lavalas Family faction with volleys of tear gas shortly after they gathered in Port-au-Prince. THE ASSOCIATED PRESS

LEGISLATION

Turkey scraps child marriage bill

Turkey's government on Tuesday scrapped a proposal that critics said would have allowed men accused of sexually abusing underage girls to go free if they were married to their victims.

The proposal, which had provoked a public outcry, was scheduled to undergo a final vote in parliament on Tuesday. It would have deferred sentencing or punishment for sexual assault of minors in cases where there was no physical force and where the victim and perpetrator were married.

Hours before the vote, Prime Minister Binali Yildirim said the government had withdrawn the bill to submit it to a review by a parliamentary committee. But Justice Minister Bekir Bozdag later said the proposal had been shelved and would only come back on the government's agenda if all parties in Parliament manage to reach a consensus.

"The issue has been closed," Bozdag said.

The age of consent in Turkey is 18, although courts permit civil marriages for people as young as 16. Many boys and girls younger than that are married in Islamic ceremonies.

The government has argued for the need to redress "unfair treatment" of families where men were placed in jail for marrying girls under the age of 18 even if both parties and their parents consented.

The proposal by the ruling Justice and Development Party, rooted in Turkey's Islamic movement, would have applied to cases that had occurred between 2005 and Nov. 16 of this year. The measure would have required men who were married to minors in Islamic ceremonies to formalize their union with civil marriages.

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Trans-Pacific deal needs U.S. to survive

TRADE

Canadian minister says 12-nation pact in jeopardy

The Trans-Pacific Partnership can't go ahead without the United States, Canada's trade minister said Tuesday in the wake of Donald Trump's renewed vow to pull his country out of the controversial 12-country pact.

International Trade Minister Chrystia Freeland said it's long been no secret that the Pacific Rim deal would hinge on the participation of the U.S., a factor that boils down to simple arithmetic.

The TPP, as it is known, can only come into force if ratified by six of the 12 member countries representing 85 per cent of their combined GDP, Freeland said Tuesday.

Minister of International Trade Chrystia Freeland speaks to reporters during the APEC Summit in Lima, Peru. The TPP can't go ahead without the United States,. THE CANADIAN PRESS

"What that means, in practice, is the TPP agreement as currently structured and finalized can only come into force if it's ratified by the United States — but that's not new," Freeland said.

In a YouTube video released Monday, Trump said he will issue a notification of intent to withdraw from the agreement on his first day in power, a move many believe would kill the deal outright.

A Canadian government official, speaking on condition of anonymity because of the sensitive nature of the issue, said no decision on pulling out of the TPP becomes final until February 2018.

When the participating countries signed the agreement last February in New Zealand, that two-year time frame was built into the process to take into account the domestic political situations in all 12 countries, the official said.

The TPP is intended to open up trade among the 12 countries that encompass nearly 40 per cent of the world's GDP, including Canada.

During question period Tuesday, Conservative trade critic Gerry Ritz urged Canada to follow some of its other TPP partners — notably Japan, New Zealand, Mexico and Australia — and ratify the deal without the U.S. THE CANADIAN PRESS

BLACK FRIDAY

Using technology to help you snag a deal

With Canadian retailers trying to keep people shopping on this side of the border on Black Friday, the best deal might come from your computer, tablet or phone screen.

Even if you're out and about, there are plenty of ways to use technology to make sure you are actually getting a deal.

DO YOUR RESEARCH

Most of the big retailers already have their flyers out, and plenty of sites are compiling them. Flipp is an app that collects all your local flyers and lets you search them. Redflagdeals.com also has a Black Friday section where deal hunters share their tips.

COMPARISON SHOP

Know the regular price of what you are looking for. Bar code scanner apps, like Shopsavvy, should be your go-to tool as well as price comparison sites, including Google Shopping.

START EARLY

Some sales have already begun, like at Best Buy. For the most part, in-person and online, the early bird gets the deal. Online offerings tend to start at the stroke of midnight, and some e-tailers let you add to your cart beforehand.

CHECK YOUR INFORMATION

If you are using an online retailer like Amazon.ca, take some time and sign up or confirm that the online service has your preferred credit card and shipping address. If something scarce goes on sale, the time it takes to set all that up matters. Also, check out cash back sites like Ebates.com.

TOO GOOD TO BE TRUE?

Double-check what the currency is quoted in as you look for deals in Canada and in the U.S. Also, a lot of older stock is used as door crashers, so check to see if the product is refurbished.

WATCH THE SHIPPING

If you are buying from the U.S. or elsewhere, always double-check the shipping options, and if it might get hit by additional duty fees. Keep an eye out for changes: recently Walmart and Amazon raised their free shipping thresholds.

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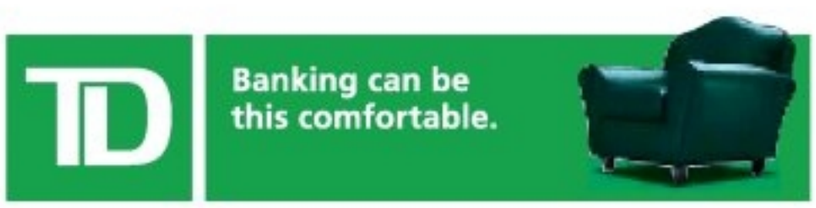

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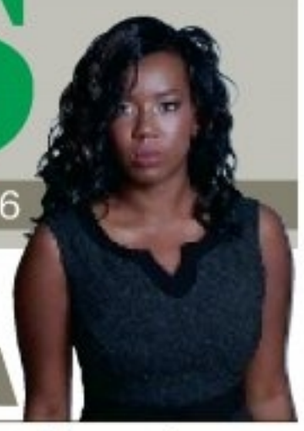
metro VIEWS
Your essential daily news
Wednesday, November 23, 2016



JESSICA ALLEN ON A GORILLA-MARTYR'S LEGACY

It's been six months since Harambe's death at the Cincinnati Zoo, and the smartest, most meaningful response to date has been a single joke by Dave Chappelle

It's been six months since Harambe, a 17-year-old 450 lb. male gorilla, was shot dead by Cincinnati Zoo officials after a three-year-old boy fell 10 feet into the primate's enclosure.

Although the social media outrage subsided quickly — it always does — Harambe still lives as meta-punchline: A Facebook blog with nearly 900,000 followers; viral songs and videos; and, of course, memes — some humourous, and some so offensive that they are banned from university campuses.

Comedian Dave Chapelle mentioned him in his recent Saturday Night Live monologue: "The Cincinnati police said, 'Shooting a gorilla was the toughest decision this department has ever had to make'… You're about to see a lot of n—s in gorilla costumes in Cincinnati."

Chapelle's joke was a much smarter response to the gorilla's death than all the petitions — some calling for the toddler's mother to be fined for negligence; others for Harambe's "murderer" to be charged with animal cruelty — and more meaningful than the countless candlelight vigils held from Laurier to Leeds.

I went to one of the vigils, on a late Thursday evening in September, at Ryerson University in Toronto. Students gathered at Lake Devo, a small park made mostly of concrete. Their purpose, according to the event's Facebook page: "to commemorate the passing of our beloved Harambe, who taught us nothing but kindness." It was "BYOC": "Bring Your Own Candles."

'We got Harambe merch here,' an organizer noted. Black T-Shirts with a white image of Harambe in the style of Che Guevara were $20.

Hundreds did, placing them around a framed photo of Harambe set up in front of a 15-foot boulder.

The Lord's Prayer was broadcast to the growing crowd through a sound system consisting of two speakers, a laptop and a microphone.

FACES OF GRIEF Students gather at a vigil for Harambe the gorilla at Toronto's Ryerson University in Toronto in September.
JESSICA ALLEN/FOR METRO

The crowd began to chant "D–ks out!" A student approached the mic: "Are there people out there who think Harambe was just a gorilla?" he asked. "No!" the crowd responded.

"We got Harambe merch here," an organizer noted. Black T-Shirts with a white image of Harambe in the style of Che Guevara were $20. "They look really nice," a woman said, holding one up to herself. Harambe pins were $1.

"Lake Devo should be Lake Harambe from now on," a young man yelled into the mic. Cheers from the crowd.

"I miss you, Harambe," another said. "I wish they took that mother's life instead." The crowd gasped, then laughed.

A poster of Harambe was taped to the boulder as more candles were set around the glowing effigy of the deceased.

Guns and Roses' "Welcome to the Jungle" played. "What a touching song," someone noted. It was followed by Sarah McLachlan's "I Will Remember You," Whitney Houston's "I Will Always Love You," and a cover of "In the Arms of An Angel." In between songs, the "d–ks out" chant returned.

"Someone is smoking weed," a woman said to her friend. "Maybe they're smoking Harambe's ashes."

In a quiet moment, someone shouted, "F–k that kid," which was repeated by the crowd.

"More like f–k that kid's parents."

"F–k the mom."

"Shoot the kid."

Laughter shifted to quiet discomfort.

Until a student climbed the boulder and banged his chest at the top. The crowd applauded and then insisted he "whip it out."

"I don't know if Harambe supports peer pressure," an organizer said on the mic, "so can we just come together for this next song?"

Which was Black Eyed Peas' "Where is the Love?"

People pretending to cry posed together for selfies. A student wearing a cardboard sign that read "Harambe is love. Harambe is Love. May his light shine on us all" weaved through the crowd, which looked to be about 150 strong.

Sam Smith's "Stay with Me" played, followed by Michael Jackson's "You Belong To Me."

"Someone curated the playlist really well," a woman noted.

"What started off as a joke …" an organizer began before the crowd interrupted with boos. "It's not! Let me finish! Beyond border, beyond religion, we are one and we are here for Harambe."

"We are going to celebrate," his colleague said. "Whip that s–t out for Harambe!"

"F—ing rest in peace," a votive offerer said, just as Gary Jules' "Mad World" began.

Friends held each other and swayed back and forth to the lyrics. They gathered shoulder to shoulder around hundreds of candles melting around the shrine-like effigy. There were offerings of bananas. And one dildo.

Young faces were illuminated by candlelight and cellphones, brands used by those who tweeted death threats at a mother who looked away, a brand I will use to tweet out a link to this column.

They're all made of coltan, a mineral found in the forests of Africa's Democratic Republic of Congo and whose mining over the last two decades has dramatically reduced gorilla habitat, causing more deaths among animals with whom we share 98 per cent of our genetic code than the Cincinnati Zoo ever could.

A woman lit her tea light using her friend's cigarette.

"I hate myself," she said.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

The movie watcher's guide to facing the actual apocalypse

As we await the launch of both the Trump presidency and the attendant nuclear warheads, there may be some lessons to take from the disaster movies of the late '90s.

In this time of uncertainty, these movies demand to know: Are you a hero, a survivor or an early casualty?

If you're a hero type, you'll be drawn to the Armageddon model: Bruce Willis and bunch of professional oil drillers learn to be astronauts so they can dig a giant hole into the asteroid that will end the world. While the movie can be read as an indictment of NASA's emergency preparedness, it's also a handy means of deciding how serious you really are about this whole saving-the-world lark. How many G forces can you tolerate for the sake of all mankind? Are you willing to go to space with all your co-workers?

Survivors will want to follow Tommy Lee Jones' example in Volcano. Survivors just do their job.

Jones' character, an emergency planner, goes into work on the first day of his vacation only for a volcano to surface from under the city of Los Angeles. Determined not to lose more vacation time, he dispatches the volcano in just two days.

His daughter is not a survivor; she screams, "Dad! The lava!" while lava moves towards her. Were it not for her father's determination not to lose more vacation days, she would not have made it past the first half of the movie.

Which brings us to the early-casualty type. For some reason, women in these movies are into dying quickly and needing to be saved from themselves. Perhaps it's the patriarchy or bad writing or both.

I point you to Twister's Helen Hunt. Her character is leading a scientific study of tornadoes to create early-warning systems. While she doesn't die in the film, it's not for lack of trying. Her approach seems to consist of walking and driving directly into the storms until she's rescued by Bill Paxton — not a known scientific method.

It's left to you, the viewer, to decide whether, given some advance notice of the end of the world, you'd be all right with simply walking into the abyss.

I have reluctantly decided that I'm a survivor. I watched all of these movies with my siblings and warned them that, if lava was coming in their direction, I would not be saving them. That's hero work.

As much as there is to be learned from them — i.e., squint hard enough and you can tell whether a tornado is turning — they have a calming effect. The events of the last two weeks have left me feeling off-kilter and overwhelmed, but even with all terrible things happening, now, unlike NASA, I feel prepared.

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metro LIFE

Your essential daily news

Wednesday, November 23, 2016

Gigi Hadid apologizes to anyone her Melania Trump impression may have offended

Moana based on rich past

DISNEY MOVIE

History of Polynesians not taught in many schools

Genna Buck
Metro Canada

We set a course to find
A brand new island everywhere we roam
Aue, aue
We keep our island in our mind
And when it's time to find home
We know the way

These words, from We Know the Way, a soaring number in the new Disney musical Moana, describe a real-life society more magical than the usual enchanted forests and talking teapots.

Moana takes place in the ancient Pacific Islands, a still-surviving Polynesian civilization with a tradition of high seafaring.

Yet their achievements are not well known in North America, nor taught in many schools, said Patrick Kirch, director of the Oceanic Archaeology Laboratory at the UC Berkley.

Polynesians are descendants of Austronesians, a group of agricultural peoples who fanned out from near modern-day New Guinea starting five or six thousand years ago. (At least, researchers think so. It's still a matter of debate).

Travelling in outrigger canoes — like a North American canoe, but less tippy and faster, thanks to stabilizing beams and, later, sails — the Polynesians landed in Tonga and Samoa, 5,000 kilometres from their starting place, by about 900 BC.

Around AD 900 came their second great age of exploration. They sailed thousands of kilometres of open ocean to islands where humans hadn't yet tread, from Hawaii in the north to New Zealand in the west and Easter Island in the southeast.

It was all because of somebody's idea to stick two canoes together and connect them with a deck, creating a proto-catamaran that could carry enough food, including live pigs, dogs and chickens, to sustain 50 to 60 people for months.

"They really opened up the whole Pacific world," Kirch said. "Europeans didn't venture very far until the late 1400s. This is 500 years before that."

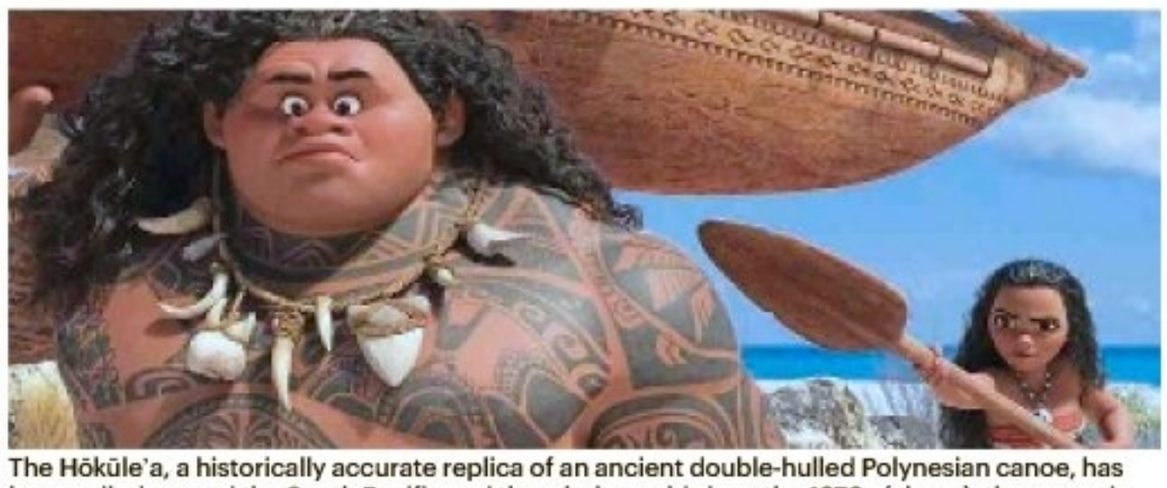
The wooden boats were sewn together with coconut fibre rope. The people didn't have nails or even the wheel. And yet they found their way. As the song says, they kept their island in their mind.

"They didn't have sextants or even maps," Kirch said. "They had memorized, incredibly, star rising and setting positions."

Though the film takes some liberties (it depicts double-hulled canoes existing 3,000 years ago when it was more like 1,000), quite a bit is drawn from real Polynesian history and folklore.

Maui (pictured right), voiced by Dwayne "the Rock" Johnson, a demi-god who pulls islands from the sea, lassoes the sun and controls the tides, is a legend in the whole region. The teenage heroine Moana, a chief's daughter whose name means "ocean," is Disney's invention.

In the movie, the resources of Moana's island home are nearly depleted after centuries of human habitation, and, finding herself overwhelmed with wanderlust, she sets sail to discover someplace new.



The Hōkūle'a, a historically accurate replica of an ancient double-hulled Polynesian canoe, has been sailed around the South Pacific and the whole world since the 1970s (above); the canoe is depicted in the new Disney musical Moana (below). PHIL UHL/WIKIMEDIA COMMONS; CONTRIBUTED

That's realistic enough — though in a strict patriarchal society, it would never have been a girl who saved the day, Kirch said.

"There are push factors; on smaller islands populations built up, there was competition and warfare. But there was also a kind of a pull. These people had a conception that there were always more islands out there. They had stories and traditions about it.

"It was much like medieval European society. The older son inherits the land and the title. So if you're a junior sibling and you go out and find a new island, you become the chief.

"There's a certain drive: 'Let's take this big canoe. You know grandpa found this island. Maybe there's another one out there.'"

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FOOD BRIEFS

Kids who drink whole-fat milk leaner, study finds

Young children who drink whole cow's milk tend to be leaner and have higher vitamin D levels than those who consume low-fat or skim milk, researchers say.

In a study of more than 2,700 children aged one to six, Toronto researchers found that those who drank whole milk had a body mass index score almost a full unit lower than kids who drank one per cent or two per cent milk.

That's comparable to the difference between having a healthy weight and being overweight, said Dr. Jonathon Maguire, a pediatrician at St. Michael's Hospital who led the study.

Kids who consumed whole-fat milk were three times less likely to be overweight and two times less likely to have a vitamin D deficiency compared with children given one per cent milk, he said.

THE CANADIAN PRESS

LIQUID ASSETS PETER ROCKWELL

Finding the perfect all-purpose people pleaser

With the holidays fast approaching, I'm betting many of you will be searching for the ultimate Goldilocks wine: one that's not too light or too heavy, too sweet or too dry. In other words, a wine that is just right.

On the white side a glass of German-made Riesling is my pick for the perfect all-purpose people pleaser. Typically soft with a hint of residual sugar, they mix and mingle with a broad range of cuisine, while offering a flavour profile that's incomparably drinkable.

When it comes to reds I always recommend a bottle from Valpolicella, a winemaking zone in the northeastern region of Veneto in Italy. Made primarily for Corvina, a grape native to the area, classic Valpolicella is smooth and juicy with a sublime balance of tannin and acid.

With its flowing flavour trail of bright cherry fruit, Bolla's 2015 Valpolicella Classico ($13.95-$16.99) is the quintessential version that's perfect as a cocktail wine or as a companion to a complex meal.

Prices reflect the range across the country. Some products may not be available in all provinces.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Spinach and artichoke dip vs. chili popcorn shrimp

Some starters will have your meal ending in a nutritional disaster.

PICK THIS

Milestones Chili Popcorn Shrimp with Chili Avocado Sauce

Calories 540
Fat 32g
Saturated Fat 4.5g
Sodium 1510mg

SKIP THIS

Milestones famous Hot Spinach and Artichoke Dip and Tortilla Chips

Calories 1150
Fat 81g
Saturated Fat 30g
Sodium 1490mg

HERE'S WHY

Equivalent in fat to more than 10 medium slices of ham and pineapple pizza from Domino's.

The appetizers we eat before our entrées can have more calories, fat and sodium than we should be consuming in an entire day! When we hear the word "spinach," we think green and healthy, but the creaminess comes from the fatty mayonnaise and cheese. There is spinach, but it's not that evident. While the Chili Popcorn Shrimp are still fried and served with buttered popcorn and avocado aioli, it ends up being a much lighter pick.

RECIPE

Give your day a smooth start

Ricardo Larrivée
For Torstar News Service

A healthy breakfast can be the difference between a good day and a sluggish one. The trick to any well-balanced meal is to have a good mix of protein, fibre-rich carbs and healthy fats.

Cue this smoothie bowl, packed with the creamy goodness of Greek yogurt and blended with a drizzle of maple syrup and antioxidant-rich blueberries, blackberries and banana. Top it with crunchy, homemade quinoa granola, and you have all the nutrition you need until lunch. And it only takes 15 minutes to put together!

This tasty, quick-to-make smoothie breakfast bowl has all the nutrition you need to keep going till lunch. CONTRIBUTED

Smoothie Breakfast Bowl

Ingredients:
- 1/2 cup (125 mL) plain Greek yogurt
- 1/3 cup (50 g) frozen blueberries
- 1/3 cup (45 g) fresh blackberries
- 1/2 small banana, sliced
- 1 tbsp (15 mL) maple syrup
- 1/3 cup (40 g) quinoa granola

Directions:

1. In a blender, purée yogurt, three-quarters of the fruit and the maple syrup until smooth. Pour into a small bowl.

2. Top with remaining fruit and the granola.

3. If using fresh blueberries instead of frozen, refrigerate smoothie for several minutes before serving.

Quinoa Granola

Ingredients:
- 1/2 cup (90 g) quinoa, rinsed and drained
- 1/2 cup (80 g) shelled pumpkin seeds
- 1/2 cup (75 g) shelled sunflower seeds
- 1/2 cup (65 g) unsalted cashews, crushed
- 1/2 cup (65 g) unsalted shelled pistachios, crushed
- 6 tbsp (90 mL) maple syrup
- 2 tbsp (30 mL) canola oil
- 1/4 tsp salt

Directions:

1. With the rack in the middle position, preheat oven to 325°F (160°C). Line a baking sheet with parchment paper or a silicone mat.

2. In a large bowl, combine all ingredients.

3. Spread mixture onto the prepared baking sheet. Bake for 20 minutes, stirring halfway through cooking. Let cool completely.

PRODUCE

Roly-poly pear produced to be a wintertime favourite

Pear-fectly Canadian

This year the Cold Snap is available in Ontario, Quebec and Nova Scotia, but in a couple of years, the current plantings will reach full maturity and supply will extend across Canada.
CONTRIBUTED/VINELAND GROWERS CO-OPERATIVE

Late fall usually is a sad time for local pear lovers as first Bartlett, then Bosc disappear from supermarket shelves, to be replaced by imports.

But until the end of January Canadian growers are proudly packing a new late-season variety in bright blue bags.

Here's to Cold Snap, the sweet, juicy pear with the pretty pink blush that aims to become winter's favourite fruit.

"It will probably take a couple of years to become a household name like Honeycrisp," says Matthew Ecker, sales and business development manager at Vineland Growers Co-operative in Jordan Station, Ont., which grows and markets the fruit.

This squat, roly-poly pear, the first bred in Canada, was released in 1972 under the name AC Harovin Sundown. As the first of 75,000 trees in Ontario and Nova Scotia came of age last year, growers searched for a catchier name. Cold Snap was born, with its own website, coldsnappear.ca.

As part of the branding process, Consumer Insights Research program leader Amy Bowen conducted pear focus groups at Niagara's Vineland Research and Innovation Centre.

Consumers are particularly annoyed with pears that are rock-hard one day and mushy the next, Bowen says, a problem Cold Snap doesn't have. She says participants also loved the pear's made-in-Canada story.

Cold Snap is grown using new techniques that produce lots of skinny Charlie Brown-like trees loaded with pears on far less land than the old sprawling trees.

A few general rules for pear storage:

Buy & Store

Look for 2-pound (1 kg) bags or clamshells of Cold Snaps in retail stores until late January.

If you like firm pears, refrigerate immediately. Or leave on the counter for two to three days to soften slightly.

Bright yellow skin indicates optimal flavour. Unlike its Bartlett cousin, Cold Snap remains firm even when ripe.

Don't store near aromatic foods such as onions.

Prep

Handle fibre-rich pears with care to avoid bruising.

Rinse under cool running water and serve. Peel and core just before using.

Cold Snap is pear-fect for poaching, roasting or baking.

Serve

Try a pear-cranberry crisp or a pear-parsnip soup.

Think preserves, dumplings and sorbet.

Slice and serve raw with a plate of creamy cheeses or toss in a salad, leaving on the pretty yellow skin. TORSTAR NEWS SERVICE

RECIPE

Hazelnut Pear Cake
Makes 10 servings.

Ingredients:
- 4-1/2 cups (1.125 L) water
- 2-3/4 cups (675 mL) granulated sugar
- 1 tsp (5 mL) lemon zest
- 1/4 cup (50 mL) fresh lemon juice
- 1-1/2 tsp (7 mL) vanilla
- 5 small pears, peeled, cored and halved
- 2 cups (500 mL) ground hazelnuts
- 6 large eggs, separated
- 1/4 tsp (1 mL) cream of tartar
- Garnish: icing sugar

Directions:

1. In large saucepan, combine water, 1-1/2 cups (375 mL) of the sugar, lemon zest, lemon juice and 1/2 tsp (2 mL) vanilla. Stir over medium-high heat until sugar dissolves. Add pears; bring to boil. Reduce heat to medium and simmer until pears are just tender, turning occasionally, about 10 minutes. Let cool in syrup. (Prepare up to 1 day ahead, cover and refrigerate.)

2. Drain pears well, reserving syrup for another use. In medium bowl combine hazelnuts, 1 cup (250 mL) of the remaining sugar and cornstarch; set aside.

3. Grease and flour (regular or gluten free) a 10-inch (3 L) springform pan. Set aside.

4. In large bowl, beat egg yolks until frothy. Stir in remaining 1 tsp (5 mL) vanilla and hazelnut mixture until well combined; set aside.

5. With clean beaters, beat egg whites until frothy. Add cream of tartar and beat to soft peaks. Beat in remaining 1/4 cup (50 mL) sugar until peaks are stiff. Stir one-third of whites into egg yolk mixture and combine well. Gently fold in remaining whites. Pour into prepared pan.

6. Place one pear half, cut-side down, in the centre of batter and arrange remaining halves in a circle around it, stem toward centre, leaving a 1-inch (2.5 cm) border. Bake in 350°F (180°C) oven 1 hour and 15 minutes or until golden brown and cake part no longer looks wet. Cool on rack for 15 minutes. Run sharp knife around edge of pan. Remove side and use a metal spatula to remove bottom; cool cake completely on rack.

BOOKS

Canada sorely lacking 'famous' cuisine: Mike Myers

Amy Pataki
Torstar News Service

Actor/comedian Mike Myers writes about food and other matters of national identity in new book, Canada. SCREENSHOT

Mike Myers eats like other Canadians do.

He has ordered perogies in Winnipeg and peameal bacon sandwiches at the CNE. He even craves Kraft Dinner but once had to leave the supermarket without it after he was swarmed by 200 people. In Coboconk, Ont., population 800.

The actor/comedian writes about food and other matters of national identity in Canada, published recently for the upcoming sesquicentennial.

He doffs the Wayne Campbell ball cap to wear other hats in the pop-cultural book: historian, linguist, sociologist and fervid Maple Leafs fan. The creator of Austin Powers talks about multiculturalism and the CBC, Stompin' Tom and Phil Hartman. Some parts are laugh-out-loud funny, others — such as the impact of his father's dementia — are touching.

When it comes to Canadian food, Myers says nobody knows about it.

"In New York City, I'll go out for Italian, Chinese or Mexican, but when's the last time you went out for Canadian? You didn't. And don't say poutine. That's a topping."

I beg to differ. Self-described Canadian restaurants abound accross the country, of which Canis in Toronto is the latest to wave the flag.

"We know we don't have a 'famous' cuisine, but we also know we do have 'famous' ingredients. B.C. apples, Saskatchewan wheat, Nova Scotia salmon and Manitoba ... stuff," Myers writes.

"Ingredients are what help define Canada. Likewise, Canadian culture as a whole may not be famous, but the 'ingredients' of our culture are."

Well played, Mr. Myers, well played.

Four things I learned from Mike Myers' Canada:

- Paul McCartney wears an Ontario Provincial Police patch for the 1967 Sgt. Pepper's Lonely Hearts Club Band album.
- Maple Leafs is grammatically correct because it is the plural of a name, not a unit of foliage.
- Canadians say been as "bean" vs. Americans, who pronounce it "bin."
- A "Scarborough suitcase" was a 12-pack of beer with a cardboard handle.

Tips from those on the inside

GET THE BEST DEALS

Take notes before hitting shops online or in-store

Camilla Cornell

Savvy shoppers know you can score some great deals on the day after American Thanksgiving in Canada, as well as the U.S. Read on for tips from a fashionista, a deals aficionado and a money expert to ensure you get the most bang from your buck.

Plus-size blogger Jessica Biffi (justbiffi.com) has been making waves in the fashion industry since ending Project Runway Canada, as the season 2 runner up. She has since launched her own clothing and accessory lines, and capsule collections for Addition-Elle and Pennington.

The self-described "Toronto girl with a serious fashion addiction" says most retailers let you know about sales in advance. So if there's a store or chain you frequent, sign up for their email sales alerts.

"Then you can gauge whether or not you want to deal with the situation in person or on line," said Biffi. Her own preference is almost always to shop online during Black Friday. "It's just overwhelming otherwise," she said.

When buying clothing online, Biffi suggests, it pays to do a bit of research up-front before you let your fingers do the walking. "Sizes have the same range at most stores, but the fit can be very different," she said.

At the very least, measure yourself and look over the online size chart. Or do some pre-shopping. "If you know you really like something, get to the store a few days in advance and try stuff on," Biffi suggested. "Then you will be on a mission to grab your things the day of, and you won't have as much stress to deal with."

Plus-size blogger Jessica Biffi suggests signing up for email sales alerts from your favourite retailers. ELLIOT PARROTT PHOTOGRAPHY

Raymond Lau, of Canada Deals Blog, has been a deals shopper for as long as he can remember, but since 2010, the Calgarian has been blogging full time about the specials he finds to his 50,000 subscribers across the country. Lau updates his site daily with local shopping deals in major Canadian cities.

"Black Friday, Cyber Monday and Boxing Day are the three biggest days of the year for me," he said. "My traffic spikes like crazy." The problem: since he's aware of the deals on offer, Lau can't resist doing some shopping himself. "I probably spend more than I should," he admits.

Lau finds the best Black Friday deals on consumer electronics such as televisions and gaming consoles. But, he warns, some electronics retailers charge as much as a 50 per cent restocking fee once you open the box, "so only open it if you plan on keeping it."

Door-crasher specials can offer particularly great value, he adds, but they are frequently reserved for the first few people in the store, so get there early. "I never wait in line," Lau said. "I don't believe in it. But a few years ago, I actually camped out with my wife and we were lucky enough to be the tenth in line to get a $3,000 TV for $900." He confesses he would have been pretty upset if he'd been 11th and missed the deal.

To avoid size snafus when buying online, Lau usually purchases two sizes (medium and large) and tries them on when they get to the house. "I just keep the one that fits and return the one that doesn't," he said.

When you do shop in store, he advises, make sure you have a game plan. Check the flyers and Lau's website (CanadaDealsBlog.com) in the week leading up to Black Friday and try to cherry-pick the deals, concentrating on stores that rarely have sales, such as Lululemon and the Apple Store.

Finally, to beat the rush, you might want to shop early. "A lot of retailers kick off deals on Thursday at midnight," Lau pointed out. "That's when you'll find the best inventory and selection." On the other hand, many sales extend throughout the week, and you may find the crowds thinner if you hold off.

Limor Markman of Limor Money strives to empower young women to take strides toward controlling their financial destiny through her website (limor.money) and her online videos. And she practices what she preaches.

"I only buy things on Black Friday that I was planning to buy anyway," she said. "A couple of weeks ago, my luggage jammed open on a trip, so I am totally waiting for Black Friday to buy luggage this year."

Markman warns against simply showing up at the mall to see what you can find. Instead, shop with a list of things you need and holiday gifts (in which case, you should make sure you can refund or exchange into January).

Do your homework by scanning flyers and online sites in advance to find out who has the best discounts, Markman advises. "And make sure you're well-versed in the prices of the things you want to buy," she added. "Otherwise you may think you're getting a great deal and it may actually not be." A sign that screams '40 per cent off suggested list price!' doesn't mean much if the list price is inflated.

Another cautionary note: if you're buying online from a U.S. retailer, don't forget that "the price isn't actually the price," points out Markman. You have to do the currency conversion to Canadian dollars. In addition, you'll be charged an exchange fee on your credit card and you may have to pay duty and shipping fees (because often shipping is only free south of the border).

"That price may look amazing," said Markman. "But by the time you pay all those extras, you may actually be paying more than in Canada."

metro WHEELS
Your essential daily news
Lexus spices up IS with Sriracha paint job at L.A. Auto Show

A driver's car with great tech

REVIEW

CX-9 an easy car to spend time in

Jonathan Yarkony
AutoGuide.com

While every passing week we've spent with the CX-9 proves that it is a driver's car through and through, some days, you just want your car to deliver you to the office with the least amount of stress possible.

Although Mazda isn't anywhere close to Tesla AutoPilot or Mercedes Intelligent Drive in terms of autonomous driving, there are a handful of systems that provide a security blanket, while others take a little bit of the workload off the driver.

The most prominent driving convenience feature of the CX-9 has to be adaptive cruise control, which allows you to set a chosen top speed, and the vehicle maintains that speed but also slows down when approaching slower traffic.

At highway speeds, the CX-9 does so seamlessly, calmly keeping your designated speed and a gap that you can set on the steering wheel controls, both of which are displayed in the head-up display unit along with current speed. In most cases, the CX-9 slows gradually when approaching slower traffic, though not early enough when approaching stand stills or crawling traffic jams.

My main complaint is that Mazda's adaptive cruise cuts out below 24 km/h, unlike some (like the Honda Civic!) that can bring you all the way down to a crawl, and even handle brief full stops during stop-and-go traffic.

Thankfully, the CX-9 also has forward collision alert (Distance Recognition Support System or DRSS and Forward Obstruction Warning in Mazda-speak), which broadcasts a sharp beep when coming up too fast on vehicles ahead. While we rarely needed this, it did on a couple occasions get my full attention when I may have been daydreaming or staring too hard at a Z06.

Meanwhile, there is no shortage of technology inside the car to keep you entertained and informed, accessible via the Mazda Connect interface. We really loved this system at first glance and when we first encountered it in previous models. It has a large, clear, highly visible screen atop the dash close to one's driving sightlines, and the graphics are modern and appealing. While it is a touchscreen, it can only be controlled by touch when the vehicle is stationary, and some functions, like rearranging your audio favourites, are also only available when parked.

While this descends into seriously spoiled-auto-reviewer territory, Mazda could use an update to its satellite radio functions, which does not offer rewind or record functions as seen on Kias and other brands. Otherwise the settings, audio and phone controls are mostly logical, although the icons for functions at the bottom of the screen take a bit of getting used to.

THE CHECKLIST | 2016 MAZDA CX-9

THE BASICS

Engine: 2.5L turbo four-cylinder
Transmission: Six-speed automatic
Power: 227/250 hp, 310 lb-ft of torque
Curb Weight: 1,950 kilograms
Fuel Economy (L/100 km): 11.2 city, 8.8 hwy
Price: Starts at $37,195; $51,995 as tested (freight included)

LOVE IT

- Mazda Connect
- Forward collision alert

LEAVE IT

- Unclear buttons on steering wheel
- Adaptive cruise cuts out at under 24 km/h
- Satellite radio functions could use an update.

AUTONOMOUS

Hyundai previews self-driving Ioniq

Stephen Elmer
AutoGuide.com

Using its newest electrified vehicle as a platform, Korean automaker Hyundai rolled out the Autonomous Ioniq concept at the 2016 L.A. Auto Show.

Hyundai was quick to highlight that the concept is one of the few self-driving cars currently in development that has a hidden LiDAR system in its front bumper, rather than on the roof. This way, it actually looks like a standard production car and not a "high school science project," as Hyundai so aptly said.

The goal of the concept is to keep self-driving systems as simple as possible, so that they can be cost-efficient to implement, allowing it to be installed in future Hyundai models the average consumer can afford. To make this a reality, Hyundai used the production car's Smart Cruise Control's forward-facing radar, as well as the Lane Keep Assist cameras and integrated them with LiDAR technology.

The company is also developing its own operating system, with the goal of using a lot less computing power to go with the hardware.

Currently, the hidden LiDAR system can detect the absolute position of surrounding vehicles and objects and is complemented by the Forward Facing Radar, which detects the relative location and speed of objects in the vehicle's forward path. There's also a three-camera array that detects pedestrian proximity, lane markings and traffic signals, while a GPS antenna pinpoints the precise location of each vehicle. High-definition mapping data is provided by Hyundai MnSoft, delivering location accuracy, road grade/curvature, lane width and indication data. Lastly, there's a Blind Spot Detection radar to make sure lane changes are done safely.

Hyundai will also bring a pair of Autonomous Ioniq concepts to the Consumer Electronics Show (CES) next January. Those two vehicles will be driving up and down the streets of Las Vegas and will be offering media rides.

Hyundai wanted its self-driving car to look like a regular automobile, not a "high school science project." HANDOUT

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2016 ROGUE

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model shown▲

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Tips for making the winter-tire switch

SEASONAL

Doing your own change is inexpensive and rewarding

Dan Ilika
AutoGuide.com

No matter how good of a driver you think you are, winter tires are a necessity for anyone driving in a colder climate. ISTOCK

Here's a cold, hard, and undeniable fact about winter tires: If temperatures stay below about 7C over the winter where you live, you need them.

Yes, even your four-wheel drive truck or SUV should be fitted with four winter-rated tires. It's called four-wheel drive, not four-wheel stop, and sending power to more wheels isn't going to slow you down any quicker.

And before you start reminding yourself of just how good of a driver you are, know that it matters little when so many variables come into play out on the road, the least impactful of which is snow. Remember, they're winter tires, not snow tires. Even on dry pavement, winter tires provide better traction through a softer rubber compound that has a lower freezing point.

For those that do use winter tires, I salute you. But lugging your tires to the local shop for your bi-annual change can be tough on the back, not to mention the pocketbook, and swapping them yourself can be a rewarding and inexpensive task.

With winter just around the corner, here are five helpful tips to keep in mind when changing your tires.

Be safe and smart

Whether you're changing your tires in your driveway or you have access to a garage with a lift, it's important to do so with safety in mind and the right tools at hand. If you're changing your tires at home, it's important to use a floor jack rated for the weight of your vehicle, jack stands to support its weight, and wheel chocks to keep it from rolling. It's best to do the job one end at a time, starting with the front or rear. Use the proper size socket on the lug nuts, and a torque wrench to apply the proper amount of torque when putting the wheels on.

Loosening and tightening the lug nuts is a two-step process. When removing the wheels, the lug nuts should be loosened, though not removed, when the vehicle is on ground using a breaker bar. Likewise, the lug nuts should be torqued with the wheels firmly on the ground.

Check the condition

This goes for both the set that's going on and the one that's coming off.

While running a separate set of tires for the winter months will prolong the lives of both sets of tires, wear still happens. Normal wear sees tread depleted at the same rate, relatively speaking, across the tire, while uneven wear can affect one side or the other and could be a sign of suspension issues.

It's also important to ensure no wheel weights have fallen off, and that the wheels' mounting surfaces are clean in order for them to sit flush with the hubs.

Label the tires coming off

When swapping your tires, don't forget to label them individually as they come off the car. A piece of masking tape with a simple "left front" or "right rear" will suffice. When it comes time to put them back on, you'll know where they go. It's also important to rotate the tires wisely.

Directional tires can only be switched from front to back on the side they belong, whereas symmetrical tires can be switched side to side.

Perform a visual inspection

Check components like brake lines, bushings and struts for fraying, cracking or leaking.

+ STORAGE

Once you get your wheels and tires swapped, it's important to store the ones you aren't using properly.

Clean

Be sure to clean them — yes, even the insides — and let them dry before placing them in airtight bags to prolong their lives.

Proper place

Store them flat on their sidewalls in a cool, dry place, and out of direct sunlight if possible.

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Examples: $30,000 financed at 0% for 84 months equals 182 bi-weekly payments of $165, a total obligation of $30,000 and $0 cost of financing. ◊$12,850 in Total Discounts available on the 2016 Dodge Grand Caravan SXT Ultimate Family Package model based on the following: $11,500 Consumer Cash Discount, $1,350 Bonus Cash. $6,700 in Total Discounts available on the 2016 Dodge Journey SXT Ultimate Family Package model based on the following: $5,000 Consumer Cash, $1,700 Bonus Cash. See your retailer for complete details. •Bonus Cash is available to eligible customers on the retail purchase or lease of select 2016/2017 FCA models at participating retailers, November 21 – 26, 2016 and is deducted from the negotiated prices after taxes. *Consumer Cash is deducted from the negotiated price before taxes. >1.99% purchase financing for up to 96 months available on select new 2016 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2016 Jeep Cherokee North FWD (24J) with a Purchase Price of $31,777 with a $0 down payment, financed at 1.99% for 96 months equals 208 bi-weekly payments of $165 with a cost of borrowing of $2,608.67 and a total obligation of $34,385.67. ΔDiscounts apply to models which have been in stock the longest. 20% off MSRP discount available to retail customers on the purchase of select in-stock 2016 Jeep Cherokee models at all participating retailers from November 1 to 30, 2016. Discounts are calculated based on MSRP plus options, freight, A/C and tire charge and will be deducted from the negotiated price before taxes. 20% off MSRP discount cannot be combined with any subvented interest rate (including subvented non-prime rates) or any other bonus cash or consumer cash offer. Retailer may sell for less. See retailer for complete details. €$12,000 in Total Discounts is available on new 2017 Ram 1500 models (excluding Reg Cab) and consists of $8,500 in Consumer Cash, $500 Lease Bonus Cash, $1,500 Bonus Cash and $1,500 in Ram Truck Loyalty/Conquest Bonus Cash. ††0% lease financing for up to 36 months available through SCI Lease Corp. to qualified customers on applicable new 2017 models at participating retailers. SCI provides all credit approval, funding and leasing services. Retailer order/trade may be necessary. Example: 2017 Ram 1500 Crew Cab Sport 4x4 (26L) with a Purchase Price of $41,614 leased at 0% for 36 months with a $500 security deposit, $1,999 down payment and first month's payment due at lease inception equals 36 monthly payments of $385 with a cost of borrowing of $0 (including $60.25 PPSA registration) and a total obligation of $15,932.95. Kilometre allowance of 18,000/year. Cost of $0.16 per excess kilometre plus applicable taxes at lease termination. 2017 Ram 1500 Crew Cab Sport 4x4 (26L) models may require order and be subject to a delay. If the lease residual value changes during this period, the lease terms such as down payment and/or monthly payments could also change. See your retailer for complete details. ❖No purchase necessary. Closes Nov 26/16 (11:59:59 p.m. ET). Open to Canadian residents who are age of majority. Full rules including complete details, prize descriptions and entry requirements (including required PIN registration) at blackfridaygiveaway.ca. Enter at participating FCA dealers. 1,824 Instant Win Prizes available consisting of vehicle discounts to be applied to the purchase or lease of a new FCA vehicle: (i) 1300 - $500 vehicle discounts (ii) 350 - $1,000 vehicle discounts; (iii) 100 - $2,000 vehicle discounts; (iv) 60 - $5,000 vehicle discounts; (v) 10 - $10,000 vehicle discounts; (vi) 4 - $25,000 vehicle discounts; odds depend on number of instant win entries. Mathematical skill-testing question required. ^$1,500 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2016/2017 Ram 1500 (excludes Regular Cab), 2015/2016/2017 Ram 2500/3500/Cab & Chassis, or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before November 1, 2016. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Baeumler Approved service providers. Proof of membership is required. Limit one $1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ^Based on IHS Automotive: Polk Canadian Vehicles in Operation data as of July 1st, 2015 for Crossover Segments as defined by FCA Canada Inc. ‡Based on 2014 WardsAuto Middle Cross Utility segmentation. ®Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

metro SPORTS

Former quarterback Damon Allen and CFL commissioner Jeffrey Orridge arrived at Toronto's HMCS York by boat with the Grey Cup Tuesday

'We're excited, but we're really focused'

GREY CUP 2016

Redblacks draw on last year's experience in preparations

The Ottawa Redblacks believe last year's Grey Cup loss will serve them well as they look for a different result against the Calgary Stampeders on Sunday.

The Redblacks, making their second straight appearance in the CFL championship game, lost 26-20 to the Edmonton Eskimos last season and for many the sting remains.

Beating the Eskimos 35-23 in the East Division final was the first step in retribution, but the Redblacks still have some unfinished work.

"This year is a little different as we understand what the end goal is," said wide receiver Brad Sinopoli. "As great as it was to win here, we have bigger things in mind. Let's just say we're focused. We're excited, but we're really focused."

Activities leading up to the Grey Cup can be overwhelming for players and Sinopoli says it's important to keep things in perspective.

"Going through the whole week is a lot when you don't know what to expect," Sinopoli said. "There's a lot more attention on everything and guys tend to maybe overthink the whole week and the game. There's a lot of hoopla around it and you have to realize that it's just a football game in the end."

Redblacks players celebrate Sunday's victory over the Eskimos. ADRIAN WYLD/THE CANADIAN PRESS

Players aren't the only ones who benefited from last year's Grey Cup experience.

"It definitely helps to go through it once," said head coach Rick Campbell. "I have a better game plan to make sure I know exactly what I'm doing as far as the stuff I need to do football wise and then the other stuff I need to do for media and other things."

Taking on the Stampeders will offer a significant challenge for the Redblacks. Calgary finished the season 15-2-1 and advanced to the Grey Cup after a 42-15 thrashing of the B.C. Lions.

Calgary is considered the heavy favourite, and the Redblacks have no issue with that.

"We deserve to be the underdog, they deserve to be the favourite," Campbell said. "We know when we play good football we can play with anybody.

"We're going to put our best foot forward and control what we can control and if we play good football and limit turnovers and penalties we feel we can play with anybody."

THE CANADIAN PRESS

> **We knew as long as we had the opportunity that's all we needed and now we're here.**
>
> Brad Sinopoli on the Redblacks' topsy-turvy season

Winning is a family matter for Burris

With experience has come a new perspective for Henry Burris.

The 41-year-old quarterback will make his third Grey Cup appearance in four years Sunday, when he leads the Ottawa Redblacks against the Calgary Stampeders at Toronto's BMO Field. But while Burris is driven to win a third career CFL championship, this time it's to share the victory with his wife, Nicole, and their two sons, Armand and Barron.

Armand was a toddler when Burris last won the Grey Cup in 2008 with Calgary, and Barron hadn't yet been born. A win Sunday would allow his boys to celebrate by eating Froot Loops from the hallowed trophy.

3

Burris is one of just three CFL players to pass for over 60,000 career yards (Anthony Calvillo and Damon Allen).

"That's something I definitely want to experience with my family," Burris said. "For me, that's what this entire journey has been about because if it wasn't for these couple of knuckleheads, making me have to stay on them to keep myself right, I wouldn't be here.

"That's why I'm out there giving it my all because I want to see the smiles on their faces and be able to celebrate truly what we've been through these past 20 years together and try to enjoy this special moment."

One lesson Burris has learned over his 17 CFL seasons is there are no guarantees in pro football. Ottawa is making a second straight Grey Cup appearance despite posting an 8-9-1 record.

That made Ottawa the first team in league history to finish first in a division with a sub-.500 record and gave Burris a deeper appreciation of being given yet another chance to win a championship.

"We weren't guaranteed to be back here this year and so that's why each and every moment that we have to get back to The Show, it means that much more because I can't play until I'm 50," Burris said. "I'm not (hockey legend Gordie Howe) and I'm not playing until I'm 52 because at some point I want to sit in the stands and watch these kids and be around crazy hockey parents in Ontario and Ottawa."

THE CANADIAN PRESS

Jerome Messam ran for 133 yards and a touchdown in his last game in Toronto on Oct. 10. RICK MADONIK/TORSTAR NEWS SERVICE

Big week lined up for Messam in hometown

Jerome Messam is going home for his first Grey Cup after seven seasons and five different CFL teams.

The CFL's leading rusher will play a prominent role for the Calgary Stampeders in Sunday's game against the Ottawa Redblacks in his hometown of Toronto.

Messam, 31, played high school ball at Notre Dame Catholic Secondary School in the Toronto suburb of Brampton.

"It's my first Grey Cup. It's been seven years. I'm trying to keep my emotions at bay right now," Messam said. "I know when we get out there on Sunday, it's going to be just a feeling of me arriving.

"I'm from Toronto. I'm going to have a lot of family there to support me. My lady's there. She's pregnant right now, so I'll be home chilling with them."

1,198

Messam led the league in rushing with 1,198 yards on the ground.

The Stampeders flew to Toronto on Tuesday for the 104th Grey Cup.

A punishing running back at six-foot-three and 254 pounds, Messam has gained a foothold in Calgary after previous stops in B.C., Edmonton, Montreal and Saskatchewan that lasted two seasons or less.

He topped the CFL in rushing with 1,198 yards in 2016 and was one of just two players to surpass 1,000.

Messam is a double threat on offence because of his receiving skills. He totalled 485 passing yards and ranked second in the league in touchdowns with a combined 12 on the ground and in the air.

He set career highs this season in rushing and receiving yards, touchdowns, carries (206) and receptions (54).

Messam is up against Hamilton Tiger-Cats receiver Andy Fantuz for the CFL's Outstanding Canadian award. He won the trophy in 2011 after rushing for 1,057 yards for the Edmonton Eskimos.

Award winners will be announced Thursday night in Toronto.

"I'm very blessed for it to unfold like this," Messam said. "Hopefully I can win the award, win the game on Sunday at home in front of family and friends. Can't write the script any better." THE CANADIAN PRESS

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Spurs exit Europe with a whimper

CHAMPIONS LEAGUE

Londoners outplayed as Monaco claims group top spot

TUESDAY in Monaco

2	1
MONACO	SPURS

Monaco sealed first place in Group E of the Champions League with a 2-1 win over Tottenham in a thrilling display of attacking football on Tuesday.

Needing just a draw against the only side to remain unbeaten in the Premier League to progress to the knockout phase, Monaco did not hold back. However, it took the hosts 48 minutes to break the deadlock with a goal from Djibril Sidibe, who then turned provider when Thomas Lemar scored the winner five minutes later.

12

Borussia Dortmund beat Legia Warsaw 8-4 to break the record for the most amount of goals scored in a Champions League game.

Harry Kane had equalized from the penalty spot for Spurs, which can no longer qualify for the knockout phase.

"We got ourselves back in the game at 1-1 and it was schoolboy to concede straight after that," Kane said. "We had to try to grind out a win because we were not great tonight. The second goal took the stuffing out of us. I just don't think on the day we were good enough."

Monaco went ahead when Sidibe, unmarked in the box, planted a powerful header into the net from Benjamin Mendy's cross. Monaco could not hold on to its lead for long as a rare mistake from Kamil Glik, who dragged Dele Alli down in the area, resulted in a penalty. Kane converted it with a powerful spot-kick.

But Spurs' defensive inadequacies were exposed less than a minute after their equalizer. From the resulting kickoff, Sidibe burst down the right before crossing for Lemar. The highly-praised midfielder, who scored in the corresponding fixture in September at Wembley, restored Monaco's advantage with a shot into the far corner.

"It was a great evening," Sidibe said. "We're playing with a conquering mindset at the moment."

It was a deserved win for Monaco, which was the better team for most of the game.

In a lively start, Tottenham created the first dangerous move when Son Heung-min beat the offside trap on a swift counterattack but ended up losing possession.

The hosts replied immediately through Fabinho, who made the most of a poor clearance to make his way into the box and was brought down by Eric Dier. Radamel Falcao, the Monaco captain, took the penalty — only to see his low shot to the bottom corner superbly blocked by Hugo Lloris's diving save. With Kevin Wimmer replacing Jan Vertonghen in the heart of Tottenham's back four, Spurs struggled defensively and Monaco — the highest-scoring side in Europe's main domestic leagues — gradually took control and won the contest.

THE ASSOCIATED PRESS

Djibril Sidibe of AS Monaco and Tottenham's Harry Kane challenge for the ball during the UEFA Champions League Group E. MICHAEL STEELE/GETTY IMAGES

RESULTS

- CSKA Moscow 1, Bayer 1
- **Leicester 2,** Club Brugge 1
- **Dortmund 8,** Legia Warsaw 4
- Dinamo Zagreb 0, **Lyon 1**
- FC Copenhagen 0, Porto 0
- Sevilla 1, **Juventus 3**
- **Monaco 2,** Tottenham 1
- Sporting 1, **Real Madrid 2**

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- Excellent time management skills, highly organized, detail oriented, efficient, ability to meet tight deadlines, ability to set priorities and manage daily tasks
- Creative and collaborative
- Proficient in Microsoft Office – Word, Excel, PowerPoint & Outlook
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- Strong sense of accountability
- Must be a team player

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SWIMMING

Legend Phelps calls it a career

Michael Phelps has taken another step to put an official seal on his retirement.

ESPN and NBC Sports report Phelps told reporters Monday ahead of USA Swimming's Golden Goggle awards that he has removed himself from USA Swimming's drug-testing program. Phelps ended his previous retirement after the 2012 Games by rejoining the same program.

Phelps later reiterated his retirement on stage Monday, saying, "I'm done competitive swimming, but I'm never too far away from the pool."

Phelps also touched on his secret June wedding to Nicole Johnson. Phelps says he and Johnson married in a "small little ceremony" in order to make it easier for them to travel to the Rio de Janeiro Olympics with their infant son, Boomer.

They had a more formal ceremony last month in Mexico.

THE ASSOCIATED PRESS

Michael Phelps. GETTY IMAGES

IN BRIEF

United fans found hiding in washroom

Some fans will do anything to watch Manchester United play at Old Trafford.

Two United supporters took an official tour of the English club's iconic ground on Friday, the day before United played Arsenal there in a high-profile Premier League game. Instead of leaving with the rest of the group at the end of the tour, the two fans hid in the bathroom and were found during a security sweep before the lunchtime kickoff.

THE ASSOCIATED PRESS

Notre Dame to be stripped of title for misconduct

The NCAA announced Tuesday that Notre Dame must vacate all 21 victories from the 2012 and 2013 seasons, including the 12-0 run that vaulted the Fighting Irish into the national title game against Alabama.

The reason is a former student athletic trainer committed academic misconduct by doing substantial course work for two players and impermissibly helped six others. The school said it would appeal the decision. THE ASSOCIATED PRESS

Montreal mayor announces Canadian Grand Prix return

Montreal's mayor says the Canadian Grand Prix will be back next June.

Denis Coderre announced Tuesday there was an agreement in principle between race promoter Groupe Octane and Formula One World Championship Limited.

The provisional Formula One schedule was published in late September with an asterisk next to the Canadian race, scheduled for June 11.

THE CANADIAN PRESS

RECIPE Chicken with Beans and Rice

PHOTO: MAYA VISNYEI

Hearty, one-pot dinners are the answer to the what's-for-dinner question as the days get colder.

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in
Prep time: 60 minutes
Cook time: 50 minutes
Serves 4

Ingredients
- 1/4 cup flour
- 1 1/2 Tbsp chili powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 6 chicken thighs
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 x 15 oz can of kidney beans
- 1 x 19 oz can of tomatoes
- 1 cup frozen or fresh corn
- 3/4 cup chicken stock
- 1 cup brown rice
- Small handful of chopped cilantro and quartered limes for garnish

Directions
1. Preheat oven to 350 F.
2. On a plate, toss together flour, chili and salt and pepper. Dredge chicken through mixture until well-coated.
3. In a large Dutch oven or oven-proof pot, heat up olive oil over medium-high heat. Brown chicken on both sides. Place browned chicken on a clean plate and put aside. Drain excess fat from pot.
4. Turn heat down to medium and add garlic, allow it to soften and become fragrant. Add beans, tomatoes, stock, corn and rice. Stir. Break up tomatoes with wooden spoon. Raise heat again so mixture comes to a boil.
5. Place the chicken pieces on top of your tomato-y mixture, place a lid on top and place in the oven for 45 to 50 minutes. Remove from the oven and serve with a sprinkling of cilantro and lime.

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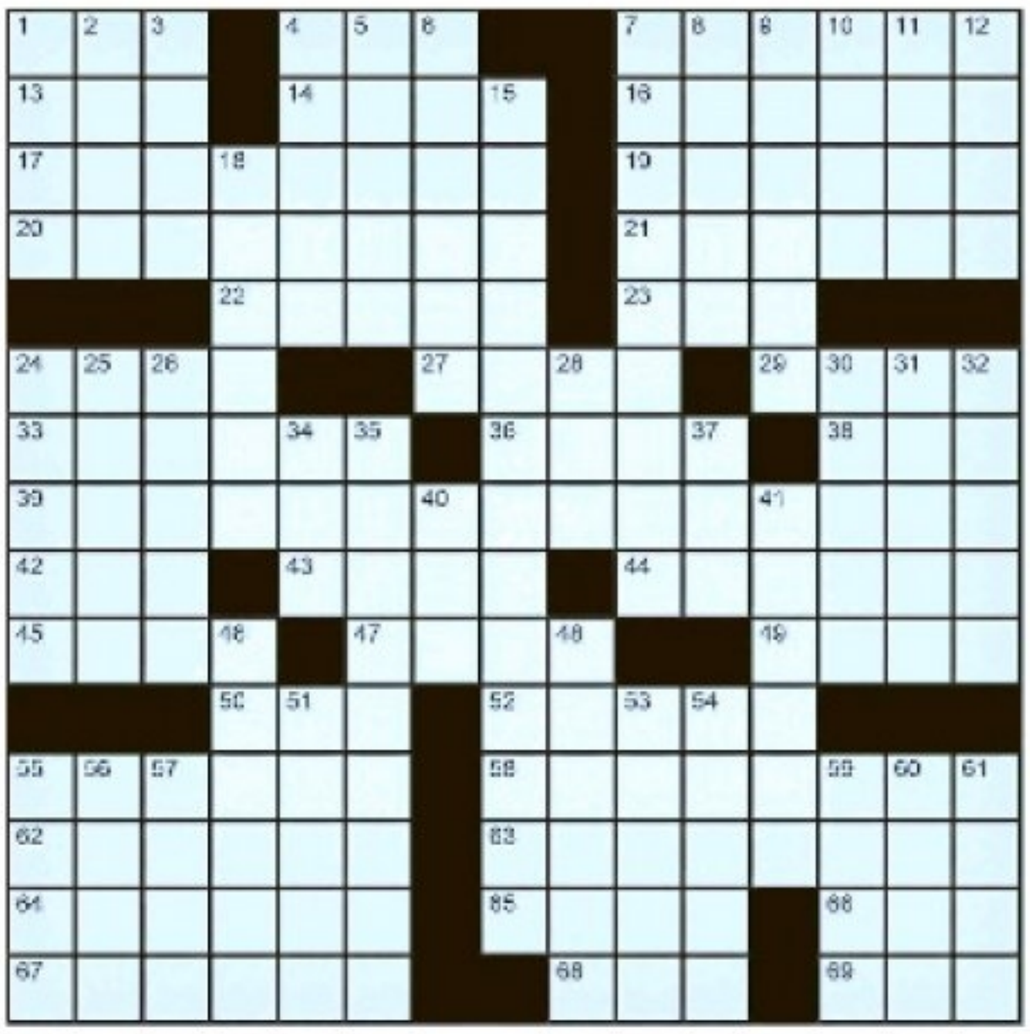
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Every
4. Web pop-ups, e.g.
7. Particular party platter pick
13. Westerns: Mr. Rogers
14. Complain
16. US web destination for the "Game of Thrones" airer: 2 wds.
17. __ pieces (Used old towels to create rags, perhaps)
19. Comedian/actor Ray
20. Begin a journey: 2 wds.
21. Speaks from the podium
22. Christmas-time resin
23. "Oh, give __ home where the buffalo..."
24. New Zealand fruit
27. Palm used for basketry or thatching
29. Canadian ice dancing skater Scott
33. Greek mythology hunk
36. Belgium neighbour [abbr.]
38. Kind of small deer
39. Harbour town in Simcoe County in Ontario on Georgian Bay
42. Butter portion
43. Nose-in-the-air sort
44. Pops in the freezer for a bit
45. Plus
47. Narcotic
49. "...so long __ both shall live?"
50. Alphabetic trio
52. Send payment
55. Materialize
58. Textured like sugar
62. Legendary Canadian contemporary dance company, __ Human Steps
63. Mix, as oil and vinegar
64. Got slippery, like a Winter road: 2 wds.
65. 1990s kind of party
66. Ms. West
67. Gives a speech for the bride and groom
68. __ worth
69. Belonging to the Beaver State, for short

DOWN
1. Fine pursuits
2. Swag
3. Constellation for the star Vega
4. Cordiality
5. Blood __
6. Ringed planet
7. __ scale, in music
8. "Don't be such __!" (Show some enthusiasm!)
9. Negative response to The Queen, informally: 2 wds.
10. Curious as __
11. Cornmeal bread
12. Goth/rock music fans
15. Insignificant issue, trendy-style
18. Short-tailed weasel
24. 10th Greek letter
25. "An __ Husband" (1999)
26. Habits/customs, fancy-style
28. Little, in Montreal
30. Mr. Hershiser's of baseball
31. "__ Want to Be with You" by Dusty Springfield
32. Ms. Witherspoon
34. "__ all good." (No worries)
35. Golfing hazards: 2 wds.
37. ___ Prince Albert of Monaco
40. __'easter
41. Away-from-work break
46. Mythological mountain nymphs
48. Berlin's language
51. Armee du __ = The Salvation Army
53. Particular purple
54. Chesterfield __ (Municipality in Nunavut)
55. Settled off the saddle
56. Fashion designer, __ Rabanne
57. Legal 'deal'
59. Red carpet ride
60. At a distance
61. Reuben breads

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You are prepared to work hard to study or learn something new today. Get as much done as possible, because you have the mental discipline to do this today.

Taurus April 21 - May 21
You might be discouraged about your fair share of something today. At least you will learn what the legal ramifications and restrictions are that you have to face.

Gemini May 22 - June 21
People are in a serious frame of mind today, which is why conversations with partners and close friends are practical and to the point. Someone older might give you his or her opinion or advice.

Cancer June 22 - July 23
Listen to the advice of someone older at work today, because it could save you time. One thing is certain — today you have to play by the rules, plain and simple.

Leo July 24 - Aug. 23
Children might be an increased responsibility today. Social occasions intended for entertainment and fun will require work and serious planning.

Virgo Aug. 24 - Sept. 23
Family discussions will be serious today. Someone older or in a position of authority will have sway. It's a good day to discuss home repairs.

Libra Sept. 24 - Oct. 23
It's easy to fall into worry mode today. Fortunately, your mind is focused, sharp and will pay attention to small details. Choose work that requires mental concentration.

Scorpio Oct. 24 - Nov. 22
You feel cautious about financial issues today. You might be concerned that you don't have enough money to do something, or you might be hesitant about a major expenditure.

Sagittarius Nov. 23 - Dec. 21
Today you feel careful and cautious about everything. Although you usually do things in big gestures, today you are conservative.

Capricorn Dec. 22 - Jan. 20
Research of any kind will go well today, because you have the right frame of mind to do routine work and focus on details. Expect solid results as your payoff.

Aquarius Jan. 21 - Feb. 19
Someone older or more experienced will influence you today. Do not let pessimism limit your future goals and planning.

Pisces
Feb. 20 - March 20
Follow the rules and play things by the book when dealing with bosses, parents and VIPs today. People are cautious and careful today. Don't push your luck.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			4	6	7			
	2					6		
	6	5				3	9	
7								2
2								1
	9	6	8		5	7	4	
			5		6			
		1				5		
		8	7	3	9	1		

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9	5	2	3	8	4	1	7	6
8	1	3	7	5	6	9	4	2
7	6	4	9	2	1	8	3	5
3	2	8	6	7	9	4	5	1
6	7	1	2	4	5	3	9	8
4	9	5	1	3	8	6	2	7
1	3	7	4	6	2	5	8	9
5	4	9	8	1	7	2	6	3
2	8	6	5	9	3	7	1	4

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